

Menu - Week Three

OUR
HOME-COOKED
EXPERTLY CREATED
HEALTHY
KINDRED
MENUS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Variety of cereals, toast, crumpets and fresh fruit				
AM SNACK	Breadsticks	Rice cakes	Oat cakes	Cream crackers	Cracker bread
	Variety of fruit, vegetables and dips				
LUNCH	Chicken/Quorn mushroom pie with pastry Fromage frais and raspberry puree	Salmon and broccoli pasta bake Yoghurt and granola	Chicken and pineapple korma with naan bread Chunky fruit platter	Vegetable lasagne Sugarless date muffins	Hungarian beef/mixed bean goulash couscous Poached pears
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of fruit, vegetables and dips				
TEA	Cream cheese bagels Yoghurt and fruit	Jacket potatoes, beans and cheese Blackberry semolina	Vegetable soup with bread rolls Exotic fruit salad with warm vanilla sauce	Toad in the hole with Quorn sausages Apple crumble	Cheese straws with carrot salad Mixed fruit salad



OUR WEANING MENU

First introductions to food are very important to weaning babies. We will work closely with you throughout this stage and introduce new flavours and textures when you feel it is appropriate. Depending on your child's individual needs, many of our meals can be mashed, chopped or puréed.

