Kindred
Inspiring Nurseries and Pre-Schools

Menu - Week Four

Eat Better, Start Better
Action for Children
Menu checked 2020

	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/ vegetable Pie and seasonal vegetables and potatoes fruit salad	Baked fish/Quorn fillets with new potatoes and tomato sauce Banana split	Cheese and broccoli Pasta bake and courgette batons Yoghurt and fruit	Meat or vegetable stir fry with noodles Bananas and sugarless custard	Chicken/Quorn Thai curry and brown rice Apple and Oat Crumble
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of fruit, vegetables and dips				
TEA	Homemade Pizza flatbreads Peach and strawberries fool	Chicken cous cous salad Fruit Salad	Vegetable toad in the hole Fruit Sorbet	Tuna pasta salad Fruit Salad	3 bean soup and bread roll Yoghurt and fruit

SPRING/SUMMER MENU 2021

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.