

Menu - Week Two

**Eat Better,
Start Better**
Menu checked 2020

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	Salmon or vegetable wholegrain pasta Peaches and Cream	Chilli Con carne with rice Poached Pears	BBQ chicken/Quorn with boiled potatoes and vegetables Fromage Frais	Wholemeal Macaroni cheese Fresh Fruit	Roast Dinner/Quorn fillet with seasonal vegetables and potatoes Banana bread
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of fruit, vegetables and dips				
TEA	Chicken or vegetable Fajita wraps Peach and Strawberry fool	Cheese scones and carrot salad Fruit salad	Tuna pasta salad Greek yoghurt and Pineapple	Beans on Toast Sorbet and fruit	Jacket potatoes with tuna and sweetcorn Fruit slices



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.

