

Menu - Week One

**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	Sweet and sour Chicken / Quorn with rice noodles Fruit and Greek yoghurt	Wholegrain Spaghetti or vegetable Bolognese Sugar less date muffins	Chicken and bean casserole with French bread Fruit salad	Ocean or vegetable pie Rhubarb fool	Moroccan vegetable Tagine with couscous Bananas and sugarless custard
PM SNACK	Cracker bread	Oat cakes	Cream crackers	Rice cakes	Breadsticks
	Variety of fruit, vegetables and dips				
TEA	Spanish Omelette Fruit Sorbet	Mexican stack with side salad Natural yoghurt and Fruit	Chickpea and vegetable biryani Ice Cream and fresh fruit	Wholemeal flatbread pizza with a side salad Poached apples and blackberries	Chicken and sweetcorn risotto Melon Medley



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.

