



Winter Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals with milk, toast and fresh fruit is on offer daily between 7am and 8.45am				
Snack	Fruit	Fruit	Fruit	Fruit	Fruit
Lunch	Minced beef cobbler, sweet potato mash with broccoli. Jam sponge and custard	Chicken Tikka Masala, rice and peas. Shortbread	Vegetable lasagne with green beans. Rice pudding	Cod and salmon fishcakes with parsley sauce and carrots. Apple crumble and custard	Lamb hot pot with cabbage Trifle
Snack	Fruit	Fruit	Fruit	Fruit	Fruit
High Tea	Tomato and lentil soup with crusty baguette	Cauliflower and broccoli cheese bake	Sausage rolls and beans	Bacon and vegetable risotto	Ham & cheese toasties with cucumber sticks and cherry toms

Baby Weaning Menus Stage I and 2

3-6 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Broccoli puree Apple puree	Pea puree Banana puree	Green bean puree Fruit pot	Carrot puree Apple puree	Cauliflower puree Pear puree
High Tea	Carrot Banana	Swede Peach	Parsnip Apple	Broccoli Fruit Pot	Cauliflower Banana

6-9 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Minced beef cobbler, sweet potato mash with broccoli. Jam sponge and custard	Milk creamy chicken curry, rice and peas Shortbread	Vegetable pasta Rice pudding	Salmon and cod fish cakes with parsley sauce with carrots. Apple crumble and custard	Lamb hot pot with cabbage Trifle
High Tea	Tomato and lentil soup with soft rolls	Cauliflower and broccoli cheese bake	Sausage bites and bake beans	Ham and vegetable risotto	Brown bread sandwiches, cucumber and cooked carrot sticks.

*water is available for the children throughout the day and a choice of milk or water is offered at mealtimes **alternatives are available for specific dietary requirements and allergies. For more information please speak to a member of the team