



Winter Menu - Week 3

	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	Salmon pasta bake with broccoli Shortbread	Chicken korma, rice and sweetcorn Syrup sponge with vanilla sauce	Beef stew with dumplings, new potatoes and cabbage. Peach crumble with custard	Roast chicken, roast potatoes, cauliflower and peas Banana cake	Sausages with mash, peas and gravy. Bread and butter pudding with fruit sauce
Snack	Fruit	Fruit	Fruit	Fruit	Fruit
High Tea	Spaghetti on toast	Hot cheese muffins with cucumber sticks and tomatoes.	Vegetable soup with brown bread and butter	Tomato and vegetable pasta bake.	Homemade chicken goujons with baked beans.

Baby Weaning Menus Stage I and 2

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

6-9 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Salmon pasta bake with broccoli Shortbread	Chicken korma with rice and sweetcorn Syrup sponge with vanilla sauce.	Beef stew with dumplings, new potatoes and cabbage. Peach crumble and custard	Roast chicken, roast potatoes, cauliflower and peas Banana cake.	Sausages with mash, peas and gravy. Bread and butter pudding with fruit sauce
High Tea	Spaghetti on toast	Hot cheese muffins with cucumber sticks and tomatoes	Vegetable soup with brown bread and butter	Tomato and vegetable pasta bake	Homemade chicken goujons with baked beans.

*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