



## Winter Menu - Week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	A selection of cereals with milk, toast with a variety of different spreads and fresh fruit is on offer daily between 7am and 8.45am				
<b>Snack</b>	Rice cakes	Fruit	Crackers Dairylea	Fruit	Breadsticks
<b>Lunch</b>	Lasagne with garlic bread & peas  Fromage frais	Sausage casserole with mash potato & green beans  Apple & custard strudel	Fish pie with broccoli  Jelly	Chilli with rice & carrots  Chocolate & pear sponge	Chicken pie with new potatoes & cauliflower  Oat & coconut cookies
<b>Snack</b>	Fruit	Cherry shortbread	Fruit	Rice cake	Fruit
<b>High Tea</b>	Savoury rice with vegetables & chicken	Tuna pasta bake	Scrambled egg on toast	Jacket potatoes with cheese & tuna	Ham & cheese quiche with sweetcorn

## Baby Weaning Menus Stage I and 2

3-6 months	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Lunch</b>	Peas  Fromage frais	Green beans  Apple	Cauliflower  Fruit pot	Carrot  Pear	Broccoli  Banana
<b>High Tea</b>	Sweet potato  Pear	Butternut squash Peach	Carrot  Melon	Broccoli  Banana	Cauliflower  Apple

6-9 months	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Lunch</b>	Main menu	Main menu	Main menu	Main menu	Main menu
<b>High Tea</b>	Main menu	Main menu	Main menu	Main menu	Main menu

\*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