

Menu Breakfast

Breakfast options rotated on a daily basis

Flavoured Baby Porridge & Cereals (Baby Room)

Porridge Oats Ready Brek
Weetabix Cheerios
Rice Krispies Cornflakes
Cinnamon Squares

Toast Crumpets
Pitta Bread Bagels
Croissants Pancakes
Waffles Brioche
Cream Crackers

Variety Fruits (Seasonal)
Boiled Eggs Chicken Sausages
Yoghurts

Water
Warm/Cold Milk
Hot Chocolate

MENU 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| Morning Snack | Morning Snack | Morning Snack | Vegetable | Morning Snack |
| Peel your own fruit | Cheese & Crackers | BreadSticks & Humous | Fresh Fruit | Cucumber, Carrot & Celery Sticks |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Vegetable Spaghetti | Chilli Con Carne & Rice * Chilli Kidney Beans & Rice | Chicken Wings, Roast Potatoes, Carrots & Cabbage * Pea Protein Chicken | Vegetable Curry & Rice | Fish Fingers, Chips & Spaghetti Hoops * Veggie Fingers, Chips & Spaghetti Hoops |
| PUDDING | PUDDING | PUDDING | PUDDING | PUDDING |
| Eton Mess * Fruit Melody | Greek Style Yoghurt *D/Free Yoghurt | Coconut Cake * D/Free Cake | Apple Crumble & Custard * Apple Crumble & D/Free Custard | Fresh Fruits & Cream * Fruits |
| AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK |
| Cheese Salad Sandwiches *D/Free cheese salad Sandwiches | Pancakes with toppings *D/Free Pancakes with Toppings | Pizza Selection of fruits * D/ Free Pizza | Beans on Toast | Omelette Sliders & Tortilla chips * Brioche rolls |

* WE USED PRODUCTS THAT ARE GELATINE FREE

* FRUITS – MELONS, MANGO AND PINEAPPLE ARE SEASONAL

* ALL ITEMS IN GREEN – VEGETARIAN / NON DAIRY OPTIONS

* DAIRY FREE OPTIONS CAN ALSO BE MADE USING THE CHILDS PREFERRED MILK

* DAIRY FREE BUTTER AND MILK IS USED

*BABIES FROM 6 MONTH ONWARDS – FOOD IS FINELY CHOPPED OR LUMPY TEXTURES

MENU 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| Morning Snack | Morning Snack | Morning Snack | Morning Snack | Morning Snack |
| Vegetable & Salad Sticks | Fruits & Yoghurt | Shortbread biscuits & strawberries | Fresh Mixed Fruit | Cream Crackers with Jam or Marmite |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Sausage, Mash & Vegetables *Pea Protein Sausage | Beef Stew, Rice & veg * Chick Peas | Sweet & Sour Chicken Balls Cous Cous & Veg * Sweet & Sour Vegetables Balls... | Vegetable Lasagne & Garlic Bread | Fish Cakes, Chips with Peas * Chips & Mixed Vegetables |
| PUDDING | PUDDING | PUDDING | PUDDING | PUDDING |
| Banana & Custard * Bananas & D/Free Custard | Chocolate & Beetroot Sponge Cake D/Free Cake | Fresh fruit in Jelly | Greek Style Yoghurt * D/Free Yoghurt | Fruit Cocktail Melody |
| AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK |
| Singapore (Meat/veg) Noodles | Cheese Puffs & Salad * D/Free Cheese Puffs & Salad | Jacket Potato & Beans | Seasoned Oven Wedges & roasted vegetables | Cheese on Toast with Apple Slices * D/Free Cheese on toast with apple slices |

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MENU 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| Morning Snack | Morning Snack | Morning Snack | Morning Snack | Morning Snack |
| Fruit of The Day | Vegetable/ Salad Sticks | Fresh Mixed Fruit | Dried Apricots & Apple | Breadsticks & Humous |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Macaroni Cheese & Veg * D/Free Macaroni Cheese | Homemade Chicken Pie, Boiled Potatoes & Veg * Homemade Vegetable Pie | Chick Pea Curry, Vegetables and Rice | Shepherds Pie * Vegetable Shepherds Pie | Chicken & Green Bean Casserole with Pasta * Vegetable Casserole |
| PUDDING | PUDDING | PUDDING | PUDDING | PUDDING |
| Banana & Custard * D/Free Custard | Fruit Jelly * Vegan Fruit Jelly | Lemon Drizzle Sponge Cake * D/Free Cake | Yoghurt with Fruit Compote * D/ Free Yoghurt | Fruit Platter |
| AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK |
| Spaghetti on toast & Yoghurt Lollies | Tzatziki, Pitta Bread and Salad | Homemade Chicken Sausage rolls (In Puff Pastry) * Vegetable Sausages Rolls | Vegetable Cous Cous & Mini Cookies | Vegetable Tartlets, & Mini Corn on the Cob |

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MENU 4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| Morning Snack | Morning Snack | Morning Snack | Vegetable | Morning Snack |
| Ritz biscuits with Tangerines /Oranges | Shortbread Biscuits & Strawberries | Fresh Mixed fruit | Cheese, Apple & Raisins | Cucumber & breadsticks |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Salmon, Cheese & Broccoli Potato Bake | Chicken Curry, Rice & Naan Bread * Vegetable Curry | Homemade Fish Pie & Peas * Potato Gratin | Spaghetti Bolognese * Pea Protein Spaghetti Bolognese | Vegetable Jollof Rice |
| PUDDING | PUDDING | PUDDING | PUDDING | PUDDING |
| Banana Cake * D/ Free Cake | Ice Cream * Fruits | Rice Pudding * D/Free Rice Pudding or Fruits | Jam tart | Greek Yoghurt & Fruit Compote * D/Free Yoghurt |
| AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK | AFTERNOON SNACK |
| Turkey Pitta Pockets with salad * Quorn Pitta Pockets & Salad | Fish Fingers, Potato Waffles & Salad * Potato Waffles & Salad | Chicken Coujons , Salad & Flavoured Mousse * Vegetable Coujons & D/F Mousse | Make your own snack..... Turkish Bread, Cheese, Turkey slices & Salad | Mini Patties & Fruit of the Day • Vegetable Mini Patties |

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MENU 1

Weaning

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Sweet Potato & Cauliflower Puree | Broccoli & Potato Puree | Carrot & Potato Puree | Spinach & Swede Puree | Courgettes & Sweet Potato Puree |
| PUDDING | PUDDING | PUDDING | PUDDING | PUDDING |
| Pureed Melon | Pureed Dried Apricot | Pureed Mango | Stewed Pear | Pureed Melon |
| | | | | |
| TEA TIME | TEA TIME | TEA TIME | TEA TIME | TEA TIME |
| Leak & Butternut Squash Puree With Mashed Banana | Carrot & Parsnip Puree With Stewed Apple | Parsnip & Broccoli Puree With Pureed Plums | Carrot & Sweet Potato Puree With Puree Kiwi | Potato & Leek Puree With Pureed Mango |

***Weaning can start between 4 – 6 months. This is introducing babies to food.**

***Stage 1 – Food is pureed.**

***Stage 2 – Food is more of a lumpy texture**

MENU 2

Weaning

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Peppers & Sweet Potato Puree | Boiled Potato & Spinach Puree | Potato & Cauliflower Puree | Parsnip & Sweet Potato Puree | Swede & Carrot Puree |
| PUDDING | PUDDING | PUDDING | PUDDING | PUDDING |
| Pureed Melon | Pureed Peach | Stewed Pear | Stewed Apple | Pureed Melon |
| | | | | |
| TEA TIME | TEA TIME | TEA TIME | TEA TIME | TEA TIME |
| Leak & Potato Puree With Mashed Banana | Broccoli & Swede Puree With Pureed Kiwi | Butternut Squash & Courgette Puree With Pureed Mango | Boiled Potato & Carrot Puree With Mashed Banana | Broccoli & Cauliflower Puree With Pureed Dried Apricot |

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MENU 3

Weaning

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| Carrots & Leek Puree | Broccoli & Potato Puree | Butternut Squash & Sweet Potato Puree | Carrot & Courgette Puree | Sweet Potato and Parsnip Puree |
| PUDDING | PUDDING | PUDDING | PUDDING | PUDDING |
| Mashed Banana | Stewed Pear | Dried Apricot Puree | Mashed Banana | Pureed Peach |
| | | | | |
| TEA TIME | TEA TIME | TEA TIME | TEA TIME | TEA TIME |
| Courgette & Parsnip Puree With Pureed Mango | Spinach & Parsnip Puree With Pureed Melon | Cauliflower & swede Puree With Pureed Kiwi | Potato & Pea Puree With Stewed Apple | Cauliflower & Broccoli Puree With Stewed Pear |

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