

Breakfast Menu

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

* DAIRY FREE BUTTER AND MILK IS USED

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

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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