

## Autumn / Winter 2019-20: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> - Porridge, Weetabix, Overnight Oats or Greek Yogurt & Fruit - Available on request for an extra charge <b>before 8.00am</b>					
<b>SNACK</b>	Fresh Fruit & Breadsticks Allergens: gluten, milk	Rice Crackers, Cucumber & Cream Cheese Allergens: gluten, milk	Orange & Melon Slices	Apple, Pear & Crackers Allergens: gluten	Wholemeal Toast & Bananas & Berries Allergens: gluten
<b>Starter</b>	Cucumber and Carrot sticks	Carrot & Ginger Soup	Tomato & Basil Bruschetta Allergens: gluten	Wholemeal Garlic Bread & Salad Allergens: gluten	Creamy Cauliflower Soup Allergens: milk
<b>LUNCH</b> <b>Main</b>	Tuna & Broccoli Wholemeal Penne Bake With breadcrumb and cheese topping V. Creamy Coconut Milk Carbonara with Wholemeal Penne, Broccoli, Peas & Mushroom Allergens: gluten, fish, dairy	Moroccan Tagine (Sweet Potato, Butternut Squash, Cauliflower, Chickpea, Apricot & Green Beans  Served with Cous Cous Allergens: gluten	Lentil & Vegetable Shepherd's Pie with Seasonal Vegetables  Allergens: milk, gluten, lentils, celery	Roast Chicken Cabbage, Carrot & Roast Potatoes  V. Lentil Loaf  Allergens: Lentils	Spinach, Lentil, Sweet Potato Dahl  Wholegrain Rice  Allergens: lentils
<b>SNACK</b>	Natural Yoghurt with sliced Bananas Allergens: dairy	Vegetable Sticks & Homemade Hummus	Banana, Oat, Cacao & Flaxseed Bites	Cheese Straws & Pear Slices Allergens: gluten, milk	Cucumber Sticks & Cream Cheese Allergens: milk
<b>TEA</b>	Vegetable & Mixed Bean Sausage Rolls Homemade Tomato Sauce & Fresh Salad Allergens: gluten, egg	Homemade Vegetable & Basil Pizzas with Homemade Coleslaw  Allergens: milk, gluten, egg,	Winter Vegetable Soup Wholemeal Bread Allergens: gluten	Wholemeal Bagels with Various Toppings & Fresh Salad  Allergens: milk, gluten, egg	Homemade Haddock & Dill Fish Cakes with Homemade tomato sauce V. Potato Cake Allergens: gluten, milk, egg, fish
	Melon Slices	Natural Yoghurt, Chia Seeds & Stewed Pears Allergens: milk	Winter Fruits	Fresh Fruit Platter	Fresh Fruit and Cheese Board Allergens: milk

### Weaning/Complementary Feeding 5-6 months (puree /semi-puree)

<b>LUNCH</b>	Seasonal Vegetables & Cheese	Butternut Squash & Green Beans	Broccoli & Peas	Butternut Squash & Peas	Spinach & Potato
	Berries	Pears	Winter Fruits	Apple	Banana & Berry
<b>TEA</b>	Roasted Vegetables & Cheese	Sweet Potato	Sweet Potato, Tomato & Cheese	Broccoli & Carrot	Squash & Cheese
	Yoghurt	Fruit Yogurt	Melon	Mixed Berries	Fruit Salad

Weaning Menus are a guideline and can be adjusted to suit every child's individual needs  
Weaning/Complementary feeding 6-12 months is a semi-puree/chopped version of the main menu

## Autumn / Winter 2019-20: Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> - Porridge, Weetabix, Overnight Oats or Greek Yogurt & Fruit - Available on request for an extra charge <b>before 8.00am</b>					
<b>SNACK</b>	Fresh Fruit & Crackers Allergens: gluten	Satsuma Segments & Rice Cakes	Wholemeal Toast & Banana Slices Allergens: gluten, milk	Apple and Pear Slices & Breadsticks Allergens: gluten, milk	Cucumber, Cream Cheese and Crackers Allergens: gluten, milk
<b>Starter</b>	Spinach & Feta pinwheel Allergens: gluten, milk, egg	Avocado Dip & Hummus with Cucumber	Sweetcorn Fritters with Salsa Allergens: gluten, milk	Carrot and Squash Soup	Pitta & Hummus Allergens: gluten
<b>LUNCH</b>  <b>Main</b>	Winter Squash & Vegetable Risotto and Salad	Fish Pie Sweet Potato Mash Seasonal Vegetables V. Homemade Baked Falafel Balls Allergens: gluten, fish, milk	Chicken, Lentil & Mango Coconut Curry Wholegrain Rice V. Chickpea Curry Allergens: gluten, milk, lentils	Winter Vegetable & Lentil Puff Pastry Pie  Roast Sweet Potatoes Allergens: celery, lentils	Lentil & Vegetable Lasagne Seasonal Vegetables  Wholemeal Garlic Bread Allergens: gluten, lentil, milk
<b>SNACK</b>	Carrot & Red Pepper Sticks with Butterbean Dip	Pear Slices & Natural Yoghurt Allergens: milk	Apple Slices and Cheese Allergens: milk	Banana & Dried Apricot Granola Bars	Cucumber Sticks, Cherry Tomatoes
<b>TEA</b>	Savoury Vegetable Tartlets with Salad Allergens: gluten, milk, egg	Leek & Potato Soup with Wholemeal Bread Allergens: gluten	Homemade "Baked" Beans on Wholemeal Toast Allergens: gluten	Homemade Samosa's, Mint Yogurt & Cucumber Naan Bread Allergens: gluten, milk, egg	Wholemeal Roll Sandwiches with a Fresh Side Salad Allergens: gluten, dairy, egg, fish
	Banana & Natural Yoghurt Allergens: milk	Fresh Fruit	Fresh Fruit & Cheese Board Allergens: milk, celery	Fresh Fruit Salad	Fruit & Yoghurt Allergens: milk

### Weaning/Complementary Feeding 5-6 months (puree /semi-puree)

<b>LUNCH</b>	Spinach & Butternut Squash	Sweet Potato & Chickpea	Spring Cabbage & Carrots	Carrot & Squash	Seasonal Vegetables
	Banana	Winter Fruits	Mixed Fruit	Pear & Raspberry	Fruit Yogurt
<b>TEA</b>	Sweet Potato & Carrot	Carrot & Leek	Spinach & Cheese	Roasted Red Pepper & Sweet Potato	Carrot, Cheese & Courgette
	Fruit Yogurt	Fresh Fruit Salad	Mango	Fresh Fruit Platter	Banana

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## Autumn / Winter 2019-20: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> - Porridge, Weetabix, Overnight Oats or Greek Yogurt & Fruit - Available on request for an extra charge <b>before 8.00am</b>					
<b>SNACK</b>	Apple Slices, Cream Cheese & Crackers Allergens: milk	Melon & Bread Sticks Allergens: gluten, milk	Fresh Fruit & Rice Crackers	Banana & Wholemeal Toast Allergens: gluten	Pear, Berries & Rice Cakes
<b>Starter</b>	Cream of Mushroom Soup Allergens: milk	Melon	Cheesy Garlic Bread Allergens: gluten, milk	Wholemeal Toast with Homemade Hummus Allergens: gluten	Squash & Apple Soup
<b>LUNCH</b>	Creamy Coconut Laksa with Vegetables and Wholemeal Noodles	Fish & Parsley Pie with Seasonal Vegetables	Wholemeal Spaghetti Turkey Bolognese	Vegetable & Chickpea Biryani Wholemeal Pitta	Lentil & Vegetable Roast with Yorkshire Puddings & Seasonal Vegetables
<b>Main</b>	Wholemeal Pitta Allergens: gluten	<b>V.</b> Chick Pea, Lentil & Seasonal Vegetable Pie Allergens: egg, milk, fish, gluten	<b>V.</b> Lentil Bolognese Allergens: gluten, lentils	Allergens: gluten, lentils	Allergens: gluten, milk, lentils, egg
<b>SNACK</b>	Carrot sticks and Hummus Dip	Pear & Natural Yoghurt Allergens: dairy	Cheese straws and Apple Slices Allergens: gluten, dairy	Banana, Oat, Cacao Flaxseed Bites	Cucumber Sticks & Cream Cheese Allergens: milk
<b>TEA</b>	Homemade Vegetable Pizza with Homemade Coleslaw Allergens: gluten, milk, egg	Gardner's Tea Cheese, vegetable sticks, salad, hummus and crusty bread Allergens: gluten, milk	Lightly Spiced Roasted Cauliflower & Chickpea Soup with Wholemeal Bread Allergens: gluten	Wholemeal Sandwich Selection with Cucumber Sticks Allergens: gluten, egg, fish, dairy	Wholemeal Bagels with various toppings, side salad Allergens: gluten, egg, fish, dairy
	Fresh Fruit	Fruit Smoothie	Fresh Fruit	Melon & Berries	Natural Yoghurt Fruit Puree Allergens: milk

### Weaning/Complementary Feeding 5-6 months (puree /semi-puree)

<b>LUNCH</b>	Cauliflower & Sweet Potato	Seasonal Vegetables	Broccoli & Carrot	Seasonal Vegetables	Green Beans & Carrots
	Autumn Berries	Raspberry Yoghurt	Apple & Pear	Banana	Fruit Yogurt
<b>TEA</b>	Carrot & Butter Bean	Cauliflower Cheese	Carrot & Peas	Sweet Potato & Chickpea	Squash & Spinach
	Natural Yogurt	Mixed Berries	Fresh Fruit Salad	Satsumas	Fresh Fruit Platter

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