

## Spring / Summer 2019: 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>	Selection of Fresh Fruit & Breadsticks	Bananas & Wholemeal Toast	Cherry Tomatoes, Cream Cheese & Crackers	Pear & Apple Slices	Cucumber & Rice Cakes
<b>Starter</b>	Cheesy Garlic Bread	Melon	Veg Sticks with Hummus	Mackerel & Lentil Pate with Pitta	Carrot & Ginger Soup
<b>LUNCH</b> <b>Main</b>	Pea, Mushroom & Cauliflower Risotto  Green Salad  <b>Allergens: celery, gluten</b>	Lentil & Vegetable Cottage Pie  Green Beans & Sweetcorn  <b>Allergens: milk, celery, lentils</b>	Roast Lemon Chicken <b>V.</b> Vegetable & Lentil Roast  Roast Sweet Potatoes & Seasonal Vegetables <b>Allergens: gluten, egg, milk, lentils</b>	Mixed Vegetable & Chickpea Wholemeal Penne Pasta with Herby Tomato Sauce  <b>Allergens: gluten, milk</b>	Homemade Fish Goujons <b>V.</b> Cheese & Onion Rissoles  Peas with Sweet Potato & Bean Mash <b>Allergens: gluten, egg, milk, fish</b>
<b>SNACK</b>	Banana & Oat Granola Bars	Cucumber Sticks & Hummus	Strawberries & Melon	Carrot Sticks & Butterbean Dip	Cheese Straws & Pear Slices
<b>TEA</b>	Cheese, Tomato & Lentil Pinwheels  Coleslaw <b>Allergens: gluten, milk, lentils</b>	Wholemeal Roll Sandwiches Garnished with salad  <b>Allergens: egg, gluten, milk, fish</b>	Salmon Fishcakes <b>V.</b> Spring Onion Sweet Potato Cakes  Sweet Chilli Sauce & Salad <b>Allergens: gluten, milk, fish</b>	Spring Vegetable & Butterbean Soup  Wholemeal Croutons <b>Allergens: gluten, celery</b>	Wholemeal Bagels with Assorted Toppings  <b>Allergens: gluten, milk, fish</b>
	Fresh Fruit Platter	Yogurt & Fruit Puree	Melon Slices & Satsumas	Assorted Berries	Banana & Berry Smoothie <b>Allergens: milk</b>

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

<b>LUNCH</b>	Cauliflower & Cheese	Carrots & Broccoli	Sweet Potato & Green Beans	Cauliflower & Cheese	Pea & Sweet Potato
	Apple & Pear	Mango	Yoghurt & Fruit Puree	Fruit Yogurt	Apple
<b>TEA</b>	Carrot & Sweet Potato	Avocado & Pear Puree	Sweet Potato & Cheese	Mixed Vegetables	Parsnip & Spinach
	Mixed Fruit	Mixed Fruit	Melon	Mixed Berries	Banana

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

## Spring / Summer 2019: 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>	Pineapple & Cheese Chunks	Breadsticks & Fruit Puree Dip	Bananas & Natural Yogurt	Cucumber Sticks & Cream Cheese	Satsumas & Crackers
<b>Starter</b>	Pea & Watercress Soup	Naan Bread with Yoghurt Raita	Tomato & Avocado Crostini <i>Allergens: gluten</i>	Melon Slices	Cheesy Garlic Bread & Cucumber
<b>LUNCH</b> <b>Main</b>	Salmon & Pasta Bake V. Vegetable & Lentil Pasta Bake with Salad  <i>Allergens: celery, gluten, milk, lentils</i>	Red Lentil, Sweet Potato, Coconut & Mixed Vegetable Curry Brown Rice  <i>Allergens: gluten, lentils</i>	Spring Chicken & Vegetable Pastry Pie V. Vegetable, Cheese & Lentil with Sweet Potato & Swede Mash  <i>Allergens: gluten, lentils, milk</i>	Cheese, Bean & Onion Pie Topped with Mashed Sweet Potato & Swede  <i>Allergens: milk</i>	Lentil & Vegetable Tagliatelli with Broccoli  <i>Allergens: milk, gluten, celery, egg, lentil</i>
<b>SNACK</b>	Strawberries & Melon	Carrot Sticks & Tomato Dip	Banana, Oat, Cacao & Flaxseed Bites	Blueberries & Raspberries	Cherry Tomatoes & Crackers
<b>TEA</b>	Little Gardener's Picnic Tea (Crusty Bread, Cheese, Hummus, Vegetable Sticks & Salad) <i>Allergens: gluten, milk</i>	Feta, Red Pepper & Spinach Quinoa Balls with Homemade Tomato & Yogurt Dips <i>Allergens: gluten, milk</i>	Butternut Squash & Carrot Soup Wholemeal Bread <i>Allergens: gluten, milk, celery</i>	Assorted Wholemeal Sandwiches with Salad Garnish <i>Allergens: gluten, milk, fish, egg</i>	Vegetable Tartlets with Potato Salad <i>Allergens: egg, gluten, milk,</i>
	Homemade Banana & Cacao Ice cream	Melon & Pineapple Platter	Tropical Fruit Salad	Yoghurt and Fruit Puree <i>Allergens: milk</i>	Strawberries & Melon

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

<b>LUNCH</b>	Cheese & Broccoli	Sweet Potato & Spinach	Cauliflower Cheese & Sweet Potato	Garden Peas & Sweet Potato	Cheese, Broccoli & Courgette
	Fresh Fruit	Greek Yogurt & Fruit Puree	Avocado & Pear	Apple & Banana	Yogurt & Apple Puree
<b>TEA</b>	Cheese & Carrot	Vegetables & Cheese	Seasonal Vegetables	Spring Cabbage & Potato	Butterbean & Sweet Potato
	Mixed Fruit	Melon	Fruit Yoghurt	Mixed Fruits	Mixed Berries

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## Spring / Summer 2019: 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>	Selection of Fresh Fruit & Breadsticks	Bananas & Wholemeal Toast	Melon & Satsumas	Cherry Tomatoes, Cream Cheese & Crackers	Cucumber & Rice Cakes
<b>LUNCH</b>	<b>Starter</b> Pear & Raspberries	Tomato & Basil Bruschetta	Wholemeal Pitta Breads with Guacamole Allergens: gluten	Feta & Spinach Puff Pastry Triangles Allergens: gluten, milk, egg	Melon & Berries
	<b>Main</b> Chicken Fricassee with Creamed Potatoes V. Mushroom, Cheese & Sweet Potato Bake Seasonal Vegetables  Allergens: gluten, milk	Mixed Vegetable & Red Lentil Moussaka  Allergens: milk, lentils	Mild Sweet Potato, Vegetable & Kidney Bean Chili Con Carne Brown Rice	Fisherman's Pie V. Cauliflower, Cheese, Chickpea & Sweet Potato Bake Broccoli & Sweetcorn Allergens: gluten, milk	V. Spaghetti Bolognese Red Pepper, Mushroom & Lentil Bolognese  Allergens: gluten, lentils
<b>SNACK</b>	Banana & Oat Granola Bars	Cucumber Sticks & Hummus	Strawberries & Melon	Carrot Sticks & Butterbean Dip	Cheese Straws & Pear Slices
<b>TEA</b>	Assorted Pitta Pockets Salad & Homemade Dips Allergens: egg, gluten, milk, fish	Salmon, Broccoli & Feta Flan with Salad V. Broccoli, & Feta Flan Allergens: egg, gluten, fish, milk, lentils	Homemade Vegetable Pizza & Coleslaw Allergens: gluten	Carrot & Coriander Soup with Wholemeal Bread	Savoury Scones & Vegetable Crudités Allergens: gluten, milk
	Mandarin Segments	Banana, Berry & Organic Cacao Smoothie	Tropical Fruit Salad	Fresh Fruit Platter	Natural Yoghurt & Chopped Fruit

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

<b>LUNCH</b>	Cauliflower Cheese & Green Beans	Seasonal Vegetables	Carrot & Sweet Potato	Spring Cabbage, Carrot & Potato	Butternut Squash & Cheese
	Apple	Natural Yogurt	Peaches	Mango & Banana	Mixed Berries
<b>TEA</b>	Carrot & Butternut Squash	Broccoli & Cheese	Courgette & Swede	Sweet Potato, Cheese & Broccoli	Parsnip & Spinach
	Pear	Banana	Mixed Fruits	Apple	Natural Yogurt & Fruit Puree

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## Spring / Summer 2019: Week 4

	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>	Pineapple & Cheese Chunks	Breadsticks & Fruit Puree Dip	Bananas & Natural Yogurt	Cucumber Sticks & Cream Cheese	Satsumas & Crackers
<b>Starter</b>	Black Olive & Parmesan Palmiers Allergens: <b>gluten, milk</b>	Pitta & Hummus	Baked Sweetcorn Fritters Allergens: <b>milk, egg</b>	Lentil & Cheese Pinwheels	Leek & Potato Soup
<b>LUNCH Main</b>	Cheesy Roasted Mediterranean Vegetable & Mixed Bean Wholemeal Pasta Bake Allergens: <b>gluten, milk</b>	Cod Portuguese New Potatoes, Garden Peas & Broccoli <b>V.</b> Bean Goulash Allergens: <b>milk</b>	<b>V.</b> Chickpea, Lentil & Mango Curry Wholegrain Rice Allergens: <b>lentils</b>	Turkey & Squash North African Tagine <b>V.</b> Butternut Squash & Mixed Pulses Tagine Cous Cous Allergens: <b>gluten</b>	Roast Chicken & Yorkshire Puddings <b>V.</b> Lentil & Vegetable Roast Carrots & Spring Cabbage Allergens: <b>gluten, milk, egg, lentils</b>
<b>SNACK</b>	Yoghurt & Pears	Cherry Tomatoes & Cucumber	Mango Puree	Apple Sticks & Beetroot Hummus	Carrot Sticks & Hummus
<b>TEA</b>	Indian Potato, Spinach & Lentil Dahl Naan Bread Allergens: <b>gluten, lentils</b>	Spring Vegetable Soup & Homemade Herb & Flaxseed Bread	Summer Pasta with Tuna & Salad Allergens: <b>gluten, milk</b>	Ploughman's Tea (tomato bread, cheese, apple beetroot & dips) Allergens: <b>gluten, milk</b>	Wholemeal Roll Sandwiches with Potato Salad Allergens: <b>gluten, milk, egg, fish</b>
	Summer Fruit Selection	Melon	Fresh Fruit Platter	Natural Greek Yoghurt with Raspberries Allergens: <b>milk</b>	Seasonal Berries Allergens: <b>milk</b>

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

<b>LUNCH</b>	Mediterranean Vegetables	Broccoli & Cauliflower	Spring Cabbage & Carrot	Sweet Vegetable Medley	Parsnip & Broccoli
	Banana	Greek Yogurt & Fruit	Mango Puree	Peach & Apricot	Mixed Fruits
<b>TEA</b>	Cheese, Tomato & Potato	Seasonal Vegetables	Sweet Potato & Carrot	Seasonal Vegetables & Cheese	Cheese, Butterbean & Carrot
	Summer Fruits	Melon	Mixed Fruits	Greek Yogurt & Fruit Puree	Seasonal Berries

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