

Autumn / Winter 2020-21: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST - Porridge, Weetabix, Overnight Oats or Greek Yogurt & Fruit - Available on request for an extra charge before 8.00am					
SNACK	Fresh Fruit & Breadsticks Allergens: gluten	Banana & Wholegrain Rice Cakes with Avocado Allergens: gluten	Apple, Pear & Natural Yogurt	Strawberry Chia Jam on Corn Cakes	Breadsticks & Bananas Allergens: gluten
Starter	Vegetable Sticks with Hummus	Baked Courgette Fritter	Carrot & Ginger Soup	Wholemeal Garlic Bread Allergens: gluten, soya	Melon
LUNCH Main	Lentil Spaghetti Bolognese with hidden vegetable sauce Allergens: gluten, lentils, Celery	Moroccan Chickpea Tagine with Sweet Potato, Butternut Squash, Cauliflower, Apricot & Green Beans Served with Wholegrain Couscous Allergens: gluten	Split Pea & Vegetable Shepherd's Pie with Broccoli & Seasonal Vegetables Allergens: Lentils, celery	Mexican Bean, Red Pepper & Vegetable Wholemeal Pasta Allergens: gluten	Spinach, Lentil & Potato Dahl with Wholegrain Rice Allergens: gluten, lentils
SNACK	Date, Seed & Oat Granola Bar Allergens: Gluten	Cranberries, Oat, Cacao & Flaxseed Bites Allergens: Gluten	Wholemeal Pitta & Homemade Beetroot Hummus Allergens: Gluten	Apricot, Hemp Seed & Oat Granola Bar Allergens: gluten	Omega Rich Raisins, Seed & Oat Flapjacks Allergens: Gluten
LIGHT TEA	Winter Vegetable Soup Wholemeal Bread Allergens: Gluten, soya, celery Followed by Seasonal Fresh Fruit	Homemade "Baked" Beans with hidden Vegetable Sauce & Mini Jacket Potatoes Followed by Seasonal Fresh Fruit	Make Your Own Beetroot & Spinach Wraps with Avocado, Mixed Beans & Salad Allergens: gluten, sesame Followed by Seasonal Fresh Fruit	Homemade Healthy Pizzas with Hidden Lentil & Vegetable Sauce & Selection of Toppings Allergens: Celery, gluten, dairy Followed by Seasonal Fresh Fruit	Homemade Samosas with Yogurt Dip Allergens: gluten, Dairy Followed by Seasonal Fresh Fruit

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

LUNCH	Seasonal Vegetables	Butternut Squash & Green Beans	Broccoli & Peas	Sweet Potato & Beans	Spinach & Potato
	Apple & Pear	Pears	Winter Fruits	Natural Yogurt & Fruit Puree	Banana & Berry
TEA	Seasonal Vegetables	Sweet Potato	Sweet Potato & Tomato	Seasonal Vegetables	Squash & Cheese
	Fresh Fruit Salad	Fruit & Yogurt	Melon	Banana	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 2020-21: Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST - Porridge, Weetabix, Overnight Oats or Greek Yogurt & Fruit - Available on request for an extra charge before 8.00am					
SNACK	Strawberry Chia Jam on Wholemeal Toast Allergens: gluten, soya	Satsuma Segments & Corn Cakes with Avocado	Fresh Fruit & Breadsticks Allergens: gluten	Fresh Fruit & Wholegrain Rice Cakes with Avocado	Pear, Berries & Corn Cakes Allergens: gluten
Starter	Winter Vegetable Soup Allergens: Celery	Carrot & Squash Soup	Baked Sweetcorn Fritters with Salsa Allergens: gluten, mustard	Melon	Cucumber and Carrot sticks with Bean & Red Pepper Dip Allergens: gluten
LUNCH Main	Winter Squash & Vegetable Risotto and Salad Allergens: celery	Homemade Healthy Pizzas with Hidden Lentil & Vegetable Sauce & Selection of Toppings served with Corn on the Cob & New Potatoes Allergens: gluten, dairy	Tuscan Bean & Vegetable Stew with Broccoli Allergens: celery, lentils	Sweet Potato & Veg Massaman Curry with Wholegrain Rice Allergens: sesame Seed	Split Pea & Vegetable Lasagne Seasonal Vegetables Allergens: gluten, lentil, dairy
SNACK	Wholemeal Pitta with Butterbean Dip Allergens: gluten, dairy, soya	Date, Seed & Oat Granola Bar Allergens: Gluten	Apricot, Oat & Hemp Seed Granola Bar Allergens: Gluten	Omega Rich Raisins, Seeds & Oat Flapjacks Allergens: Gluten	Cranberries, Oat, Cacao Flaxseed Bites Allergens: Gluten
LIGHT TEA	Moroccan Spinach & Chickpea Tartlet Allergens: gluten Followed by Fruit Smoothie	Make Your Own Beetroot & Spinach Wraps with Avocado, Mixed Beans & Salad Allergens: gluten, sesame Followed by Seasonal Fresh Fruit	Selection of Avocado & Bean Spread Wholemeal Sandwiches Allergens: gluten, soya Followed by Seasonal Fresh Fruit	Potato, Vegetable & Lentil Baked Fritters with Natural Yoghurt Dip Allergens: gluten, lentil, dairy, mustard Followed by Seasonal Fresh Fruit	Squash & Apple Soup with Wholemeal Bread Allergens: gluten, soya Followed by Seasonal Fresh Fruit

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

LUNCH	Spinach & Butternut Squash	Carrot & Squash	Mixed Bean & Vegetables	Winter Vegetables	Seasonal Vegetables
	Banana	Winter Fruits	Mixed Fruit	Pear & Raspberry	Fruit & Natural Yogurt
TEA	Sweet Potato & Carrot	Seasonal Vegetables	Broccoli & Sweetcorn	Carrot & Courgette	Roasted Red Pepper & Cucumber Sticks
	Fruit & Natural Yogurt	Fresh Fruit Salad	Mango	Melon	Banana

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Autumn / Winter 2020-21: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST - Porridge, Weetabix, Overnight Oats or Greek Yogurt & Fruit - Available on request for an extra charge before 8.00am					
SNACK	Fresh Fruit & Yogurt Allergens: dairy	Fruit & Breadsticks Allergens: gluten	Bananas & Wholegrain Rice Cakes with Avocado	Apple, Pear & Natural Yogurt Allergens: dairy	Strawberry Chia Jam on Wholemeal Toast Allergens: gluten, soya
Starter	Tomato & Basil Bruschetta Allergens: gluten, sesame	Melon	Cucumber & Carrot sticks With Bean & Red Pepper Dip	Red Pepper & Sweet Potato Soup	Parsnip & Yellow Pepper Soup
LUNCH Main	Chickpea & Mango Coconut Curry Allergens: gluten	Bubble & Squeak with Potato, Cabbage, Carrot & Brussel Sprouts served with Peas & Sweetcorn	Vegetable & Chickpea Biryani with Wholegrain Rice Allergens: gluten, lentils, celery	Vegetable & Split Pea Casserole with Pearl Barley Allergens: gluten, lentils	Lentil & Apple Loaf with Roast Potatoes & Seasonal Vegetables Allergens: gluten, lentils,
SNACK	Apricot, Oat & Hemp Seed Granola Bar Allergens: gluten	Omega Rich Raisins, Seeds & Oat Flapjacks Allergens: gluten	Date, Seed & Oat Granola Bar Allergens: gluten	Cranberries, Oat, Cacao Flaxseed Bites Allergens: gluten	Wholemeal Pitta with Beetroot Hummus Allergens: Gluten
LIGHT TEA	Baked Courgette & Lime Fritters with Salad Tomato Dipping Sauce Allergens: gluten, mustard Followed by Seasonal Fresh Fruit	Gardner's Tea vegetable sticks, salad, Avocado, Beetroot hummus, and Wholemeal bread Allergens: gluten, soya Followed by Seasonal Fresh Fruit	Cauliflower & Leek Soup with Wholemeal Bread Allergens: gluten, soya Followed by Seasonal Fresh Fruit	Make Your Own Beetroot & Spinach Wraps with Hummus, Mixed Beans & Salad Allergens: gluten, soya Followed by Seasonal Fresh Fruit	Vegetable & Mixed Bean Rolls Homemade Tomato Sauce & Fresh Salad Allergens: gluten, dairy Followed by Fruit Smoothie

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

LUNCH	Cauliflower & Mango	Bubble & Squeak	Seasonal Vegetables	Vegetable & Lentil Casserole	Green Beans & Carrots
	Autumn Berries	Natural Yoghurt	Banana	Seasonal Fruit	Fruit & Natural Yogurt
TEA	Jackfruit Fritters	Gardeners Tea	Sweet Potato & Chickpea	Bean Spread & Vegetables	Squash & Spinach
	Natural Yogurt	Seasonal Fruit	Fresh Fruit Salad	Fresh Fruit & Natural Yogurt	Fresh Fruit Platter

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