

Autumn / Winter 2021-22: 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 8.45am	Fresh Fruit & Breadsticks Allergens: gluten	Banana & Wholegrain Rice Cakes Allergens: gluten	Apple, Pear & Natural Yogurt	Strawberry or Raspberry Chia Jam on Rice Cakes	Breadsticks & Bananas Allergens: gluten
Starter	Vegetable Sticks with Hummus	Baked Vegetable Fritters	Carrot & Ginger Soup	Wholemeal Garlic Bread Allergens: gluten, soya	Melon
LUNCH 11.30am Main	Lentil & Pureed Veg Spaghetti 'Bolognaise' Allergens: gluten, lentils	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	Mexican Bean, Red Pepper & Vegetable Wholemeal Pasta Allergens: gluten	Spinach, Lentil & Potato Dahl with Wholegrain Rice Allergens: gluten, lentils
SNACK 1.30pm	Date, Seed & Oat Granola Bar Allergens: gluten	Cranberries, Oat, Cacao & Flaxseed Bites Allergens: gluten	Wholemeal Pitta & Homemade Beetroot Hummus Allergens: gluten	Fresh Fruit & Breadsticks Allergens: gluten	Omega Rich Raisins, Seed & Oat Flapjacks Allergens: gluten
LIGHT TEA 3.30pm	Winter Vegetable Soup with Wholemeal Bread Allergens: Gluten, soya Followed by Seasonal Fresh Fruit	Homemade "Baked" Beans with Pureed Vegetable Sauce & Mini Jacket Potatoes Followed by Seasonal Fresh Fruit	Make Your Own Beetroot & Spinach Flavoured Wraps with Avocado, Mixed Beans & Salad Allergens: gluten Followed by Seasonal Fresh Fruit	Homemade Healthy Pizzas with Hidden Lentil & Vegetable Sauce & Selection of Toppings Allergens: 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 2021-22: 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 8.45am	Strawberry or Raspberry Chia Jam on Wholemeal Toast Allergens: gluten, soya	Rice Cakes with Avocado	Fresh Fruit & Breadsticks Allergens: gluten	Fresh Fruit & Wholegrain Rice Cakes	Berries & Natural Yogurt Allergens: dairy
Starter LUNCH 11.30am Main	Melon	Carrot & Squash Soup	Baked Courgette & Lime Fritters with Salsa Allergens: gluten, mustard	Winter Vegetable Soup	Cucumber and Carrot sticks with Bean & Red Pepper Dip Allergens: gluten
	Winter Squash & Vegetable Risotto and Salad	Vegetable & Bean Pastry Slice with Green Vegetable Medley: broccoli, beans and peas Allergens: gluten	Five Bean Enchiladas with Sweetcorn & Peas Allergens: gluten, dairy	Sweet Potato & Veg Massaman Curry with Wholegrain Rice Allergens: sesame	Split Pea & Vegetable Lasagne Seasonal Vegetables Allergens: gluten, lentil, dairy
SNACK 1.30pm	Fresh Fruit & Breadsticks Allergens: gluten	Cucumber Sticks & Carrot Hummus	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 3.30pm	Make Your Own Beetroot & Spinach Flavoured Wraps with Avocado, Mixed Beans & Salad Allergens: gluten, sesame Followed by Seasonal Fresh Fruit	Mac 'n' Cheeze with Peas, Broccoli, Cauliflower & Crispy Chickpeas Allergens: gluten, mustard Followed by Fruit Smoothie	Aubergine & Mushroom Pâté on Wholemeal Toast Allergens: gluten, soya Followed by Seasonal Fresh Fruit	Potato, Vegetable & Lentil Baked Pakoras 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 2021-22: 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 8.45am	Fresh Fruit & Natural Yogurt Allergens: dairy	Fruit & Breadsticks Allergens: gluten	Bananas & Wholegrain Rice Cakes with Avocado	Strawberry/Raspberry Chia Jam on Wholemeal Toast Allergens: gluten, soya	Apple, Pear & Natural Yogurt Allergens: dairy
Starter LUNCH 11.30am Main	Tomato & Basil Bruschetta Allergens: gluten, sesame	Melon	Cucumber & Carrot sticks With Bean & Red Pepper Dip	Red Pepper & Sweet Potato Soup	Parsnip & Yellow Pepper Soup
	Chickpea & Mango Coconut Curry with Brown Rice Allergens: gluten	Penne Pasta with Veggie Sauce & Crispy Garlic Breadcrumbs Allergens: gluten, soya	Vegetable & Chickpea Biryani with Wholegrain Rice Allergens: gluten, lentils	Vegetable & Split Pea Casserole with Pearl Barley Allergens: gluten, lentils	Lentil & Apple Loaf with Roast Potatoes & Seasonal Vegetables Allergens: gluten, lentils
SNACK 1.30pm	Carrot & Cucumber Sticks with Butterbean Dip	Seasonal Fresh Fruit	Date, Seed & Oat Granola Bar Allergens: gluten	Cranberries, Oat, Cacao Flaxseed Bites Allergens: gluten	Wholemeal Pitta with Beetroot Hummus Allergens: gluten
LIGHT TEA 3.30pm	Baked Sweetcorn Fritters with Salad Tomato Dipping Sauce Allergens: gluten, mustard Followed by Seasonal Fresh Fruit	Gardner's Tea: veg sticks, salad, avocado, beetroot hummus & wholemeal bread Allergens: gluten Followed by Omega Rich Oat, Seeds & Raisins Flapjacks	Cauliflower & Leek Soup with Wholemeal Bread Allergens: gluten, soya Followed by Fruit Smoothie	Mediterranean Vegetable & Spinach Tartlet Allergens: gluten Allergens: gluten, soya Followed by Seasonal Fresh Fruit	Homemade Healthy Pizzas with Hidden Lentil & Veg Sauce & Selection of Toppings 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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