TUESDAY FRIDAY MONDAY WEDNESDAY THURSDAY BREAKFAST - PORRIDGE. WEETABIX. OVERNIGHT OATS OR GREEK YOGURT & FRUIT -WEEKI AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER BERRY CHIA JAM BANANAS & SEASONAL **SEASONAL** ORANGES & SNACK ON WHOLEMEAL FRESH FRUIT **BREADSTICKS** FRESH FRUIT RICE CAKES TOAST 8.45AM ALLERGENS: **ALLERGENS:** GLUTEN GLUTEN. VEGETABLE. POTATO. THAI GREEN CHICKPEA BUTTERNUT SQUASH. OVEN BAKED FISH **PUTTANESCA SPAGHETTI** ASPARAGUS, CARROT TOMATO & CHICKPEA CHICKPEA & GREEN BEAN CRUMBLE WITH PEAS, WITH RED LENTIL SAUCE LUNCH **SWEET POTATO CURRY** MOUSSAKA WITH TAGINE WITH COUS COUS **SWEETCORN & NEW SWEETCORN** WITH BROWN RICE **POTATOES ALLERGENS: GLUTEN** 11.30AM **ALLERGENS: GLUTEN** ALLERGENS: GLUTEN, FISH **ALLERGENS: DAIRY, GLUTEN** DAIRY CREME FRAICHE WITH NATURAL YOGHURT AND OAT, ORANGE & LEMON BERRY CHEESECAKE SUMMER FRUIT CRUMBLE DESSERT **FRUIT** BITES PEACH SLICES & BERRIES **ALLERGENS: GLUTEN** ALLERGENS: GLUTEN, DAIRY **ALLERGENS: GLUTEN ALLERGENS: DAIRY ALLERGENS: DAIRY** CARROT. **BREADSTICKS** SEASONAL SNACK SEASONAL SEASONAL CUCUMBER STICKS. WITH HUMMUS FRESH FRUIT FRESH FRUIT FRESH FRUIT CREAM CHEESE & 1.30PM **BREADSTICKS** ALLERGENS: ALLERGENS: **GLUTEN** GLUTEN, DAIRY ASSORTED WHOLEMEAL HOMEMADE HEALTHY SPINACH, RED LENTIL & HOMEMADE BEANS ON TOMATO, BUTTERBEANS & **FOCACCIA PIZZAS WITH** WRAPS WITH SALAD & FFTA TARTI FTS WHOLEMEAL TOAST **BASIL SOUP WITH BUTTERBEAN DIP VEG & RED BUTTERBEAN** WHOLEMEAL TOAST LIGHT TEA SAUCE **ALLERGENS: GLUTEN** ALLERGENS: DAIRY, GLUTEN ALLERGENS: GLUTEN 3.30PM **ALLERGENS: GLUTEN** ALLERGENS: GLUTEN, DIARY, SEASONAL FRESH FRUIT WEANING / COMPLIMENTARY FEEDING WEANINGICOMPLEMENTARY FEEDING 5-12 MONTHS IS A SEMI-PUREEICHOPPED VERSION OF THE MAIN MENU. WEANING MENUS ARE A

GUIDELINE AND CAN BE ADJUSTED TO SUIT EVERY CHILD'S INDIVIDUAL NEEDS. WE SUPPORT BABY-LED WEANING

LUNCH	COURGETTE, LENTILS & POTATOO	CHICKPEAS & BUTTERNUT SQUASH	BEANS, PEPPER & TOMATO	TOMATO, CHICKPEA & POTATO S	SWEET POTATO, SPINACH &BROCCOLI
	FRUIT & CUCUMBER	PEAR & YOGURT	FRUIT	MANGO & BANANA	MIXED BERRIES & YOGURT
TEA	SEASONAL VEG & BUTTERBEANS	CANNELLINI BEANS & CARROT	TOMATO, LENTIL & BASIL SOUP	- LENTIL, POTATO & CHEESE	PEA,, CARROT & POTATO
	MIXED FRUIT	BANANA	MIXED FRUIT	FRUIT PUREE & YOGHURT	STEWED FRUIT

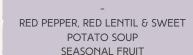


BREAKFAST - PORRIDGE. WEETABIX. OVERNIGHT OATS OR GREEK YOGURT & FRUIT -WEEK 2 AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER WHOLEMEAL **BREADSTICKS &** BANANA & SEASONAL SNACK **SEASONAL** RICE CAKES RICE CAKES **HUMMUS** FRESH FRUIT FRESH FRUIT WITH 8.45AM **ALLERGENS: GLUTEN BEETROOT HUMMUS** RED PESTO VEGETABLE & FISH CURRY WITH MEXICAN BEAN AND RED SPINACH & RED LENTIL MIXED BEAN ENCHILADAS **JASMINE RICE** PEPPER WHOLEMEAL **EDAMAME BEAN RISOTTO** DAHL WITH NAAN BREAD WITH RICE & SWEETCORN LUNCH PASTA **ALLERGENS: SOYA** 11.30AM ALLERGENS: GLUTEN, DAIRY ALLERGENS: FISH **ALLERGENS: GLUTEN** ALLERGENS: GLUTEN OMEGA RICH RAISINS, BANANA, OAT, & HEMP BEETROOT CHOCOLATE GREEK STYLE YOGURT & CINNAMON & BERRY OAT GRANOLA OAT BAR DESSERT SEED GRANOLA BAR CAKE FRUIT COMPOTE BAR ALLERGENS: GLUTEN, **ALLERGENS: GLUTEN ALLERGENS: GLUTEN** ALLERGENS: DAIRY **ALLERGENS: GLUTEN BREADSTICKS** SEASONAL SEASONAL SNACK **VEGETABLES & FRUIT SEASONAL** & BEAN DIP FRESH FRUIT STICKS WITH FRESH FRUIT FRESH FRUIT 1.30PM **HUMMUS** ALLERGENS: **GLUTEN** PEPPER. FETA CHEESE & RED PEPPER. RED LENTIL & SELECTION OF MAC 'N' CHEESE WITH **SWEET POTATO WEDGES** CHICKPEA MUFFIN WITH SANDWICHES: CHEESE. **SWEET POTATO SOUP** PEAS. BROCCOLI. WITH CANNELLINI BEAN VFG STICKS WITH WHOLEMEAL CUCUMBER. HUMMUS CAULIFLOWER & CRISPY TOMATO SAUCE & CHEESE LIGHT TEA **BREAD CHICKPEAS** 3.30PM ALLERGENS: GLUTEN, DAIRY ALLERGENS: GLUTEN ALLERGENS: GLUTEN, DAIRY **ALLERGENS: DAIRY** ALLERGENS: GLUTEN, DAIRY SEASONAL FRESH FRUIT WEANING / COMPLIMENTARY FEEDING WEANINGICOMPLEMENTARY FEEDING 5-12 MONTHS IS A SEMI-PUREEICHOPPED VERSION OF THE MAIN MENU. WEANING MENUS ARE A GUIDELINE AND CAN BE ADJUSTED TO SUIT EVERY CHILD'S INDIVIDUAL NEEDS. WE SUPPORT BABY-LED WEANING SUMMER VEG. BEANS & SWEET POTATO CAULIFLOWER & PEAS GARDEN PEAS. LENTILS & POTATOES

WEDNESDAY

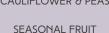


TFA



FRUIT

MONDAY



TUESDAY

MIXED BERRIES & YOGURT

SUMMER FRUITS

MIXED BEAN & VEGETABLES

MELON

THURSDAY

SPINACH & RED LENTIL

SEASONAL FRUIT

FRIDAY

CHEESE & BUTTERBEANS

MIXED FRUIT

CAULIFLOWER. CHICKPEAS & BROCCOLI

BANANA

FRUIT & YOGHURT

CARROT, CHICKPEAS & POTATO BUTTERBEAN & SWEET POTATO



BREAKFAST - PORRIDGE. WEETABIX. OVERNIGHT OATS OR GREEK YOGURT & FRUIT -WEEK3 AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER BANANAS & **BERRY CHIA JAM** SEASONAL SEASONAL ORANGES & SNACK **BREADSTICKS** FRESH FRUIT & WHOLEMEAL FRESH FRUIT RICE CAKES TOAST 8.45AM **ALLERGENS: GLUTEN** ALLERGENS: **GLUTEN** OVEN BAKED FISH VEGETABLE, POTATO, BUTTERNUT SQUASH. CRUMBLE WITH PEAS. **PUTTANESCA SPAGHETTI** THAI GREEN CHICKPEA TOMATO & CHICKPEA CHICKPEA & GREEN BEAN WITH RED LENTIL SAUCE SWEETCORN & NEW MOUSSAKA WITH ASPARAGUS, CARROT LUNCH TAGINE WITH COUS COUS POTTAOES SWEETCORN **SWEET POTATO CURRY** 11.30AM WITH BROWN RICE **ALLERGENS: GLUTEN ALLERGENS: GLUTEN** ALLERGENS: GLUTEN, FISH, **ALLERGENS: DAIRY, GLUTEN DAIRY** CREME FRAICHE WITH **BERYY CHEESECAKE** NATURAL YOGURT & FRUIT SUMMER FRUIT CRUMBLE OAT, ORANGE & LEMON PEACH SLICES & BERRIES DESSERT ALLERGENS: GLUTEN BITES ALLERGENS: DAIRY **ALLERGENS: DAIRY** ALLERGENS: GLUTEN, DAIRY **ALLERGENS: GLUTEN** CARROT. **BREADSTICKS** SEASONAL SEASONAL SNACK SEASONAL CUCUMBER STICKS. WITH HUMMUS FRESH FRUIT FRESH FRUIT FRESH FRUIT CREAM CHEESE & 1.30PM **BREADSTICKS** ALLERGENS: **ALLERGENS:** GLUTEN **GLUTEN, DAIRY** HOMEMADE HEALTHY SPINACH, RED LENTIL & **ASSORTED WHOLEMEAL** HOMEMADE BEANS ON TOMATO, BUTTERBEANS & FOCACCIA PIZZAS WITH FETA TARTLETS WRAPS WITH SALAD & WHOLEMEAL TOAST **BASIL SOUP WITH VEG & RED BUTTERBEAN BUTTERBEAN DIP** WHOLEMEAL TOAST SAUCE LIGHT TEA **ALLERGENS: GLUTEN** ALLERGENS: DAIRY, GLUTEN **ALLERGENS: GLUTEN ALLERGENS: GLUTEN** 3.30PM ALLERGENS: GLUTEN, DIARY, SEASONAL FRESH FRUIT WEANING / COMPLIMENTARY FEEDING

WEDNESDAY

TUESDAY

MONDAY

WEANING/COMPLEMENTARY FEEDING 5-12 MONTHS IS A SEMI-PUREE/CHOPPED VERSION OF THE MAIN MENU. WEANING MENUS ARE A
GUIDELINE AND CAN BE ADJUSTED TO SUIT EVERY CHILD'S INDIVIDUAL NEEDS. WE SUPPORT BABY-LED WEANING

LUNCH	CHICKPEAS & BUTTERNUT SQUASH	MUSHROOMS, LENTILS & POTATO	CHICKPEAS & BUTTERNUT SQUASH	BEANS, PEPPER & TOMATO	TOMATO, CHICKPEA & POTATO
	PEAR & YOGURT	FRUIT & CUCUMBER	PEAR & YOGURT	FRUIT -	MANGO & BANANA
TEA	CANNELLINI BEANS & CARROT	SEASONAL VEG & BUTTERBEANS	CANNELLINI BEANS & CARROT	TOMATO, LENTIL & BASIL SOUP	LENTIL, POTATO & CHEESE
	BANANA	MIXED FRUIT	BANANA	MIXED FRUIT	FRUIT PUREE & YOGHURT



FRIDAY

THURSDAY

BREAKFAST - PORRIDGE. WEETABIX. OVERNIGHT OATS OR GREEK YOGURT & FRUIT -WEEK4 AVAILABLE BEFORE 8AM ON REQUEST THROUGH NURSERY MANAGER RICE CAKES SEASONAL BANANA & SEASONAL SNACK SEASONAL 3 FRESH FRUIT RICE CAKES FRESH FRUIT FRESH FRUIT **BEETROOT** 8.45AM HUMMUS MEXICAN BEAN AND RED FISH CURRY WITH **FIVE BEAN ENCHILADAS** RED PESTO VEGETABLE & SPINACH & RED LENTIL PEPPER WHOLEMEAL JASMINE RICE WITH RICE & SWEETCORN **EDAMAME BEAN RISOTTO** DAHL WITH NAAN BREAD PASTA LUNCH ALLERGENS: GLUTEN, DAIRY 11.30AM ALLERGENS: SOYA ALLERGENS: GLUTEN ALLERGENS: GLUTEN ALLERGENS: FISH OMEGA RICH RAISINS. GREEK STYLE YOGURT & GRANOLA OAT BAR BANANA & HEMP SEED CINNAMON & BERRY OAT BEETROOT CHOCOLATE DESSERT FRUIT COMPOTE ALLERGENS: GLUTEN. **GRANOLA BAR** BAR CAKE **ALLERGENS: DAIRY ALLERGENS: GLUTEN ALLERGENS: GLUTEN ALLERGENS: GLUTEN BREADSTICKS** BREADSTICKS & SNACK SEASONAL SEASONAL **VEGETABLES & FRUIT** WITH HUMMUS BEAN DIP FRESH FRUIT FRESH FRUIT STICKS WITH 1.30PM **ALLERGENS:** ALLERGENS: HUMMUS GLUTEN GLUTEN SELECTION OF RED PEPPER. RED LENTIL MAC 'N' CHEESE WITH SWEET POTATO WEDGES PEPPER, FETA CHEESE & SANDWICHES: CHEESE. & SWEET POTATO SOUP PEAS. BROCCOLI. WITH CANNELLINI BEAN CHICKPEA MUFFIN WITH CUCUMBER, HUMMUS WITH WHOLEMEAL **CAULIFLOWER & CRISPY** TOMATO SAUCE & **VEG STICKS** BREAD **CHICKPEAS** CHEESE LIGHT TEA ALLERGENS: GLUTEN, DAIRY 3.30PM ALLERGENS: GLUTEN, DAIRY **ALLERGENS: GLUTEN ALLERGENS: GLUTEN** ALLERGENS: GLUTEN, DAIRY SEASONAL FRESH FRUIT WEANING / COMPLIMENTARY FEEDING WEANINGICOMPLEMENTARY FEEDING 5-12 MONTHS IS A SEMI-PUREEICHOPPED VERSION OF THE MAIN MENU. WEANING MENUS ARE A GUIDELINE AND CAN BE ADJUSTED TO SUIT EVERY CHILD'S INDIVIDUAL NEEDS. WE SUPPORT BABY-LED WEANING

WEDNESDAY

TUESDAY

MONDAY

LUNCH	CAULIFLOWER & PEAS	SPINACH & RED LENTIL	SUMMER VEG, BEANS & SWEET POTATO	GARDEN PEAS, LENTILS & POTATOES	MIXED BEAN & VEGETABLES
	SEASONAL FRUIT	FRUIT & YOGHURT	FRUIT	MIXED BERRIES & YOGURT	BANANA -
TEA	CAULIFLOWER, CHICKPEAS & BROCCOLI SUMMER FRUITS	BUTTERBEAN & SWEET POTATO SEASONAL FRUIT	RED PEPPER, RED LENTIL & SWEET POTATO SOUP SEASONAL FRUIT	CAULIFLOWER, CHICKPEAS & BROCCOLI SUMMER FRUITS	CARROT , CHICKPEAS & POTATO MELON



FRIDAY

THURSDAY