

## Week 1

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>
<i>Morning Snack</i>	<i>Assorted Fruit</i>	<i>Wholemeal Toast (GF &amp; DF available)</i>	<i>Crumpets (GF &amp; DF available)</i>	<i>Melon Slices</i>	<i>Assorted Fruit</i>
<i>Lunch</i>	<i>Chilli Con Carne Mixed Bean Chilli (V) Served with Baked Potatoes and Cheese DF Available</i>	<i>Vegan Meatloaf (V) Served With Mashed Potato and Mixed Vegetables</i>	<i>Salmon &amp; Pea Pasta Cream cheese &amp; Broccoli Pasta (V) Served with Garlic Bread (GF Available)</i>	<i>Mexican Cottage Pie topped with Mash (V) Served with Assorted Vegetables</i>	<i>Aubergine Parmigiana (V) (DF Available) Served with Rice and Green Beans</i>
<i>Afternoon Snack</i>	<i>Melting Moments (Vegan)</i>	<i>Greek Yoghurt with Hot Fruit Compote (DF Available)</i>	<i>Banana &amp; Raisin Flapjack (Vegan)</i>	<i>Fruit Platter</i>	<i>Homemade Ginger Bread (Vegan)</i>
<i>Dinner</i>	<i>Homemade Hummus and Pita Bread (V/DF)</i>	<i>Homemade Pizza GF &amp; DF available</i>	<i>Assorted Sandwiches (V, GF &amp; DF available) Served with Mixed Pickles and Veg Sticks</i>	<i>Scrambled Egg (V, DF) Served with a Toasted English Muffin</i>	<i>Homemade Soup (V, DF) Served with Crusty Bread</i>

During meals and snack times children will have the option of milk or water

We support baby-led weaning. Weaning food is made in house, using fresh ingredients as part of a balanced & nutritious diet. Weaning foods are tailored to suit every individual's needs and dietary requirements.

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>
Morning Snack	<i>Wholemeal Toast (GF &amp; DF available)</i>	<i>Melon Slices</i>	<i>Toasted Fruit Loaf (GF &amp; DF available)</i>	<i>Assorted Fruit</i>	<i>Wholemeal Toast (GF &amp; DF available)</i>
Lunch	<i>Chickpea, Spinach &amp; Apricot curry (V)  Served with Rice and Naan Bread (GF available)</i>	<i>Chicken &amp; Mushroom Pie  Chunky Veg Pie (V)  Served with Roast Potatoes and Mixed Vegetables</i>	<i>Mac &amp; Cheese (V)  Served With Garlic Bread  (DF &amp; GF available)</i>	<i>Homemade Fishcakes  Chickpea and Red Pepper Fritter (V)  Served with Mushy Peas and Potatoes</i>	<i>Potato, Cheese &amp; Onion Wellington (V)  Served with Homemade Baked Beans and Mixed Vegetables</i>
Afternoon Snack	<i>Mixed Fruit Platter</i>	<i>Cheese &amp; Crackers (GF &amp; DF available)</i>	<i>Homemade Sponge &amp; custard (GF &amp; DF available)</i>	<i>Homemade Shortbread (Vegan)</i>	<i>Ricecakes with Sliced Apple</i>
Dinner	<i>Homemade Soup (V, DF)  Served with Crusty Bread</i>	<i>Homemade Hummus, Beetroot &amp; mint Dip  Served with Pita Bread</i>	<i>Homemade Beans on Toast (GF &amp; DF available)</i>	<i>Onion Bhaji with Mint Yoghurt (V) (DF Available)</i>	<i>Assorted Sandwiches (V, GF &amp; DF available)</i>

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## Week 3

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Breakfast</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>	<i>Selection of Healthy Cereals and Milk GF &amp; DF available</i>
<i>Morning Snack</i>	<i>Assorted Fruit</i>	<i>Wholemeal Toast (GF &amp; DF available)</i>	<i>Fruit Tea Loaf (Vegan)</i>	<i>Assorted Fruit</i>	<i>Melon Slices</i>
<i>Lunch</i>	<i>Tomato &amp; Lentil Lasagna (V)  Served with Corn on the Cob (V)</i>	<i>Mixed Squash Curry (V)  Served With Rice &amp; Onion Bhaji (V,DF)</i>	<i>Pork Stroganoff  Mushroom Stroganoff (V)  Served With Broccoli &amp; Pasta</i>	<i>Winter Vegetable Pie (V)  Served with Mashed Potatoes</i>	<i>Tuna Pasta Bake  Tomato &amp; Vegetable Pasta Bake (V)  Served with Garlic Bread (DF &amp; GF available)</i>
<i>Afternoon Snack</i>	<i>Homemade Crumble &amp; Custard (GF &amp; DF available)</i>	<i>Fruit Platter</i>	<i>Mixed Fruit</i>	<i>Homemade Flapjack (Vegan)</i>	<i>Homemade Chocolate &amp; Beetroot Cake (Vegan)</i>
<i>Dinner</i>	<i>Assorted Sandwiches (V, GF &amp; DF available)</i>	<i>Scrambled Egg(V, DF)  Served with a Toasted English Muffin</i>	<i>Homemade Hummus, Beetroot &amp; mint Dip  Served with Vegetable Sticks</i>	<i>Homemade Pizza (GF &amp; DF available)</i>	<i>Homemade Soup (V, DF)  Served with Crusty Bread</i>

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