

## 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>Fruit Platter</i>	<i>Melon Slices</i>	<i>Homemade Granola &amp; Greek Yoghurt (DF available)</i>	<i>Fruit Platter</i>	<i>Melon Slices</i>
<i>Lunch</i>	<i>Mixed Bean Chilli (VG)  Served with Baked Potatoes and Cheese (DF Available)</i>	<i>Salmon &amp; Pea Pasta (DF &amp; GF available)  Spring Vegetable Pasta (DF &amp; GF available)  Served with Garlic Bread (DF &amp; GF available)</i>	<i>African Squash &amp; Chickpea Stew (VG)  Served with Crusty Bread (GF Available)</i>	<i>Broccoli Cheese Pasta Bake (V) (DF &amp; GF available)  Served with Corn on the Cob</i>	<i>Potato, Cheese &amp; Onion Wellington (DF &amp; GF available)  Served with Mixed Vegetables &amp; Homemade Baked Beans</i>
<i>Afternoon Snack</i>	<i>Homemade Cinnamon Buns (VG)</i>	<i>Homemade Cake (VG)</i>	<i>Homemade Biscuits (VG)</i>	<i>Cheese &amp; Crackers (DF &amp; GF Available)</i>	<i>Homemade Cake (VG)</i>
<i>Dinner</i>	<i>Homemade Hummus  Served with Vegetable Sticks &amp; Pita Bread (GF Available)</i>	<i>Homemade Soup (VG)  Served with Crusty Bread (GF Available)</i>	<i>Indian Selection (VG available)  Served with poppadoms &amp; mint yoghurt (DF available)</i>	<i>Homemade Pizza  (DF &amp; GF available)</i>	<i>Selection of Sandwiches (DF &amp; GF available)</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>Homemade Granola Bars</i>	<i>Ricecakes with Sliced Fruit</i>	<i>Melon Slices</i>	<i>Fruit Cocktail</i>	<i>Melon Slices</i>
Lunch	<i>Vegetable Ragu (VG) Served With Garlic Bread (DF &amp; GF available)</i>	<i>Lentil &amp; Apricot Dahl (VG) Served with Rice &amp; Onion Bhajis</i>	<i>Aubergine Parmigiana (DF Available) Served with Rice &amp; Broccoli</i>	<i>Salmon Fishcakes (DF) Sweetcorn &amp; Red Pepper Fritter (V) Served with Minted Peas and New Potatoes</i>	<i>Toad in the Hole (V) (DF &amp; GF Available) Served with mashed potatoes &amp; Vegetables</i>
Afternoon Snack	<i>Homemade Flapjack (VG)</i>	<i>Homemade Blueberry Muffin (VG) (GF Available)</i>	<i>Cheese &amp; Crackers (DF &amp; GF Available)</i>	<i>Homemade Cake (VG)</i>	<i>Yoghurt Cake (DF available)</i>
Dinner	<i>Stuffed Jacket Potatoes (DF available) Served with Homemade Coleslaw</i>	<i>Scrambled Egg (DF) Served with Toasted English Muffin (GF Available)</i>	<i>Homemade Soup (VG) Served with Crusty Bread (GF Available)</i>	<i>Homemade Empanadas Served with Coleslaw</i>	<i>Onion Bhaji (VG) Served with poppadoms &amp; mint yoghurt (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>Ricecakes with Sliced Apple</i>	<i>Melon Slices</i>	<i>Fruit Platter</i>	<i>Melon Slices</i>	<i>Homemade Granola &amp; Greek Yoghurt (DF available)</i>
<i>Lunch</i>	<i>Roast Vegetable Lasagna (DF Available)  Served with Corn on the Cob &amp; Mixed Salad</i>	<i>Sweet &amp; Sour Vegetables (VG)  Served with Rice &amp; Prawn Crackers</i>	<i>Mac &amp; Cheese (DF &amp; GF Available)  Served with Garlic Bread (DF &amp; GF available)</i>	<i>Sausage, Vegetable &amp; Mixed Bean Cobbler (VG)</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>Banana Bread Muffin (GF Available)</i>	<i>Homemade Cinnamon Buns (VG)</i>	<i>Homemade Cake (VG)</i>	<i>Cheese &amp; Crackers (DF &amp; GF Available)</i>	<i>Homemade Flapjack (VG)</i>
<i>Dinner</i>	<i>Scrambled Egg(DF)  Served with a Toasted English Muffin (GF Available)</i>	<i>Stuffed Jacket Potatoes (DF available)  Served with Homemade Coleslaw</i>	<i>Homemade Wraps (DF &amp; GF available)  Served with Vegetable Sticks</i>	<i>Homemade Hummus  Served with Vegetable Sticks &amp; Pita Bread (GF Available)</i>	<i>Homemade Beans on Toast (GF Available)</i>

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