

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 & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>
<i>Morning Snack</i>	<i>Fruit Platter</i>	<i>Melon Slices</i>	<i>Fruit Platter</i>	<i>Melon Slices</i>	<i>Fruit Platter</i>
<i>Lunch</i>	<i>Mixed Bean Chilli (VG) Served with Baked Potatoes and Cheese (DF Available)</i>	<i>Salmon & Pea Pasta Cream cheese & Broccoli Pasta (VG) Served with Garlic Bread (GF & VG Available)</i>	<i>Aubergine Parmigiana (V) (DF & VG Available) Served with Rice and Broccoli</i>	<i>African Squash & Chickpea Stew (VG) Served with Crusty Bread (GF Available)</i>	<i>Mushroom Alfredo (VG) Served with Mixed Greens</i>
<i>Afternoon Snack</i>	<i>Wholemeal Toast (GF & DF available)</i>	<i>Homemade Cake (VG)</i>	<i>Homemade Flapjack (VG)</i>	<i>Cheese & Crackers (DF & GF Available)</i>	<i>Homemade Tea Loaf (VG)</i>
<i>Dinner</i>	<i>Homemade Hummus & Pita Bread (GF Available)</i>	<i>Homemade Pizza (GF & DF available)</i>	<i>Homemade Empanadas (VG, GF & DF available)</i>	<i>Scrambled Egg(V, DF) Served with a Toasted English Muffin (GF Available)</i>	<i>Homemade Soup (VG) Served with Crusty Bread (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 & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>
Morning Snack	<i>Fruit Platter</i>	<i>Melon Slices</i>	<i>Fruit Platter</i>	<i>Ricecakes with Sliced Apple</i>	<i>Melon Slices</i>
Lunch	<i>Chickpea, Spinach & Apricot Thai curry (V) Served with Rice</i>	<i>Toad in The Hole (V) (VG, DF & GF Available) Served with Mashed Potatoes and Mixed Vegetables</i>	<i>Mac & Cheese (V) Served With Garlic Bread (DF & GF available)</i>	<i>Salmon Fishcakes (DF) Chickpea and Red Pepper Fritter (V) Served with Minted Peas and New Potatoes</i>	<i>Potato, Cheese & Onion Wellington (V) Served with Homemade Baked Beans and Mixed Vegetables</i>
Afternoon Snack	<i>Wholemeal Toast (GF & DF available)</i>	<i>Homemade Ginger Biscuits (VG) (GF Available)</i>	<i>Toasted Fruit Loaf (GF & DF available)</i>	<i>Homemade Cake (VG)</i>	<i>Crumpets (GF & DF available)</i>
Dinner	<i>Mackerel Pate Served with Vegetable Sticks & Crusty Bread (GF Available)</i>	<i>Homemade Soup (VG) Served with Crusty Bread (GF Available)</i>	<i>Homemade Hummus, Vegetable Sticks & Pita Bread (GF Available)</i>	<i>Assorted Sandwiches (GF & DF Available)</i>	<i>Onion Bhaji (VG) with Mint Yoghurt (DF 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 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 & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>	<i>Selection of Healthy Cereals and Milk GF & DF available</i>
<i>Morning Snack</i>	<i>Fruit Platter</i>	<i>Melon Slices</i>	<i>Fruit Platter</i>	<i>Ricecakes with Sliced Apple</i>	<i>Fruit Platter</i>
<i>Lunch</i>	<i>Tomato & Lentil Lasagna (DF & GF Available) Served with Corn on the Cob (VG)</i>	<i>Squash & Kale Tikka (VG) Served With Rice & Onion Bhaji (VG)</i>	<i>Jambalaya (VG) Served with Cheese Cobblers (DF & GF Available)</i>	<i>Winter Vegetable & Mixed Bean cobbler (VG)</i>	<i>Tuna Pasta Bake Tomato & Vegetable Pasta Bake (V) Served with Garlic Bread (DF & GF available)</i>
<i>Afternoon Snack</i>	<i>Toasted Fruit Loaf (DF & GF Available)</i>	<i>Cheese & Crackers (DF & GF Available)</i>	<i>Wholemeal Toast (GF & DF available)</i>	<i>Homemade Cake (VG)</i>	<i>Homemade Flapjack (VG)</i>
<i>Dinner</i>	<i>Scrambled Egg(V, DF) Served with a Toasted English Muffin (GF Available)</i>	<i>Homemade Soup (VG) Served with Crusty Bread (GF Available)</i>	<i>Homemade Hummus Served with Vegetable Sticks</i>	<i>Homemade Pizza (GF & DF available)</i>	<i>Assorted Sandwiches (GF & DF 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.