

# Week 1

\* Vegetarian Option

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Toast, Cereal and Milk to drink</b>				

## A Weaning Stage 1 6 – 8 Months (Puree)

Lunch	Spinach & Potato Fruit Puree	Carrot & Potato Pear Puree	Green Beans & Swede Banana	Sweet Potato Apple Puree	Butternut Squash Fruit Puree
Tea	Butternut Squash Peach Puree	Parsnip & Peas Banana	Broccoli & Sweet potato Fruit Puree	Swede & Carrot Fromage Frais	Cauliflower & Potato Pear Puree

## B Weaning Stage 2 8 -12 Months (Semi Puree / Chopped)

Lunch	* Fish Ham & Parsley Sauce with boiled potatoes. Rice Pudding	*Quorn mince Lamb Chilli Con Carne with Rice Yoghurt	Vegetable Pasta Bake with sweet corn Assorted ice cream	* vegetable Sweet & Sour chicken with vegetable rice Bananas & custard	* Quorn mince Lamb Spaghetti Bolognese Lemon Sponge & custard
Tea	Tomato Pasta Peach Puree	Butternut Squash with cheese Banana	Fish, Broccoli & Sweet potato Fruit Puree	Lamb mince, Swede & carrot Yoghurt	Cauliflower & Potato cheese Pear Puree

## C Nursery

\* Vegetarian Option

Lunch	* Fish Chicken couscous Vegetable stew Jelly & Cream	* Quorn mince Lamb Chilli con Carne with Rice Yoghurt	Chicken Pasta Bake with sweet corn. Assorted ice cream	* vegetable Sweet & Sour chicken with vegetable rice Angel Delight	* Quorn mince Lamb Spaghetti Bolognese Lemon Sponge & Custard
Tea	Tomato & cheese Pasta salad with bread & butter fingers Chocolate Crispy Cakes	Potato Waffles with ham and bake beans. Muffins	*Vegetable fingers Battered Cod fingers with cucumber sticks bread & butter. Flapjack	Spaghetti hoops with bread and butter. Apple Slices	Chicken & Vegetable Risotto Yoghurt

# Week 2

\* Vegetarian Option

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Toast, Cereal and Milk to drink</b>				

## A Weaning Stage 1 6 – 8 Months (Puree )

Lunch	Broccoli & Sweet Potato Fruit Puree	Spinach & Potato Pear Puree	Butternut Squash Fruit Puree	Parsnip & Peas Fromage Frais	Potato, Courgette & Broccoli Pear Puree
Tea	Carrot & Cauliflower Peach Puree	Butternut Squash Fromage Frais	Cauliflower & Swede Banana Puree	Potato & Carrot Apple Puree	Green Beans & Swede Fruit Puree

## B Weaning Stage 2 8 -12 Months (Semi Puree / Chopped)

Lunch	Cheese & Vegetable Pasta Bake Fruit Yoghurt	Fish, New Potatoes & mixed veg Jelly & Ice Cream	Vegetable Stew with Cous Cous Fruit Crumble & custard	* Quorn Chicken, Potato & mixed veg Peaches	* Quorn mince Lamb Cottage Pie with carrots Rice Pudding
Tea	Carrot , Cauliflower, potato & gravy Fruit Puree	Chicken with Swede & courgettes Pear Puree	Lamb mince, cauliflower & Swede Banana Puree	Fish ,Potato & carrots Fruit Yoghurt	Baked Beans with cheese & mashed potato Fruit Puree

## C Nursery

\* Vegetarian Option

Lunch	Cheese & Vegetable Pasta Bake Fruit Yoghurt	Fish fingers, potato wedges New Potatoes & Mixed Vegetables Jelly	Vegetable Stew with Cous Cous Muffins	*Quorn Chicken, roast potatoes & mixed veg Peaches	*Quorn Mince Lamb Cottage Pie with carrots Angel Delight
Tea	Sausage rolls & bake beans Ice cream	Mozzarella sticks With bread & butter. Banana	Ham & Cheese Sandwiches. Flapjack	Potato Waffles with Cheese. Carrot Cake	Cheese & Tomato Pizza with cucumber sticks. Sponge cake

# Week 3

\* Vegetarian Option

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Toast, Cereal and Milk to drink				

## A Weaning Stage 1 6 – 8 Months (Puree)

Lunch	Parsnip & Peas	Butternut Squash	Swede & Carrot	Spinach & Potato	Carrot & Potato
	Fromage Frais	Apple Puree	Peach Puree	Pear Puree	Fruit Puree
Tea	Cauliflower & Swede	Carrot & Potato	Potato & Parsnip	Potato, Courgette & broccoli	Broccoli & sweet potato Puree
	Fruit Puree	Banana Puree	Pear Puree	Fruit Puree	Fromage frais

## B Weaning Stage 2 8 -12 Months (Semi Puree / Chopped)

Lunch	Savoury Pasta	*Quorn Chicken with noodles	*Quorn sausage Sausage, Potatoes & vegetables	Healthy Fish Pie & green beans	*Quorn Chicken casserole with Rice
	Fruit Crumble & Custard	Fruit Yoghurt	Peaches & ice cream	Apple Sponge & custard	Fruit Puree
Tea	Fish, Cauliflower & Swede	• Quorn Lamb Mince, Carrot & Potato	Tomato Pasta Salad with bread & butter fingers	Mashed Potato, baked beans & cheese	Broccoli & sweet potato with cheese
	Fruit Puree	Banana Puree	Pear Puree	Fruit Puree	Fromage frais

## C Nursery

\* Vegetarian Option

Lunch	Savoury Pasta	*Quorn Singapore Chicken with Noodles	* Quorn sausages Sausages with potato wedges & vegetables	Healthy Fish Pie & green beans	* Quorn chicken Chicken Casserole with Rice
	Yoghurt	Fruit crumble & Ice cream.	Brownie	Apple Sponge & Custard	Fruit Salad
Tea	Seasoned twisters & baked beans.	Tuna & cheese sandwiches Cucumber slices	Cheese & Tomato Pizza with cucumber sticks	Cheese & Crackers with carrot sticks	Tomato Pasta Salad with bread & butter fingers
	Jelly & Fruit	Fresh Fruit	Chocolate chip cookies	Shortbread	Chocolate Crispy Cakes

# Week 4

\* Vegetarian Option

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Toast, Cereal and Milk to drink</b>				

## A Weaning Stage 1 6 – 8 Months (Puree)

Lunch	Sweet Potato & Spinach Plum Puree	Potato & Leek Fruit Puree	Carrots & Broccoli Fromage Frais	Cauliflower & Peas Banana Puree	Parsnip & Peas Peach Puree
Tea	Green Beans & Swede Apple Puree	Sweet Potato & Carrots Pear Puree	Parsnip & Potato Fruit Puree	Butternut Squash Berry Puree	Spinach & Potato Fromage Frais

## B Weaning Stage 2 8 -12 Months (Semi Puree / Chopped)

Lunch	*Quorn Chicken Pie with Carrots & Broccoli Fruit Yoghurt	*Quorn mince Lamb Cottage Pie with carrots Fruit Puree	*Quorn chicken Mild Chicken Curry with rice Lemon Sponge & custard	Cheese & Tomato Lasagne with Peas Peach Puree & Ice Cream	Fish, New Potatoes & Mixed Vegetables Bananas & Custard
Tea	Sweet Potato & Swede Apple Puree	Butternut Squash, Potato & gravy Fromage Frais	Tomato and Cheese Pasta with Bread & butter fingers Fruit Puree	Cauliflower & Broccoli cheese Orange Jelly	Beans, mashed potato & cheese Fruit Puree

## C Nursery

\* Vegetarian Option

Lunch	* Quorn chicken Chicken, tomato sauce, sweetcorn, with Vegetable rice Fruit Yoghurt	*Quorn mince Lamb Cottage Pie with carrots Fruit Salad	*Quorn chicken Chicken Curry with rice & veg Jelly & Cream	Cheese & Tomato Lasagne with peas Ice Cream	Fish, New Potatoes & Mixed Vegetables Bananas & Custard
Tea	Spaghetti Hoops & bread butter. Flapjack	Potato wedges with ham & cheese Chocolate chip cookies	Mozzarella sticks with bread & butter fingers Muffins	*Vegetable fingers Fish fingers with bread & butter & Salsa Dip. Shortbread	Chicken Risotto. Carrot Cake

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## C Nursery & The Den

Lunch	* Fish Ham & Parsley Sauce with potatoes & veg	* Quorn mince Lamb Chilli con Carne with Rice	Vegetable Pasta Bake with sweet corn	*Quorn Sweet & Sour Chicken with veg rice	* Quorn mince Lamb Spaghetti Bolognese
	Jelly & Cream Pudding	Yoghurt	Fruit & Ice Cream	Angel Delight	Lemon Sponge & Custard
Tea	Tomato & Cheese Pasta Salad with bread & butter fingers	Potato Waffles with ham & carrot sticks	*Vegetable fingers Battered Cod fingers with salsa dip, cucumber sticks.	Cheese & Crackers with cucumber and carrot sticks	Chicken & Vegetable Risotto
	Chocolate Crispy Cakes	Muffins	Flapjack	Apple Slices	Yoghurt

# Week 2

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## C Nursery & The Den

Lunch	Cheese & Vegetable Pasta Bake	Fish, New Potatoes & Mixed Vegetables	Vegetable Stew with cous cous	* Quorn chicken Chicken, Roast Potatoes & mixed veg	*Quorn mince Lamb Cottage Pie with carrots
	Fruit Yoghurt	Jelly	Muffins	Peaches	Angel Delight
Tea	Tuc Biscuits with cheese	Mozarella Sticks with bread & butter	Ham & Croquettes	Potato waffles with Ham	Cheese & Tomato Pizza with cucumber sticks
	Ice Cream	Banana	Flapjack	Carrot Cake	Sponge cake

## Week 3

\* Vegetarian Option

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Toast, Cereal and Milk to drink				

### C Nursery & The Den

Lunch	Savoury Pasta	* Quorn Singapore Chicken with Noodles	* Quorn Sausages with potato wedges & vegetables	Healthy Fish Pie & green beans	* Quorn Chicken Casserole with Rice
	Fruit Crumble & Custard	Fruit Crumble & Ice cream	Brownies	Apple Sponge & Custard	Fruit Salad
Tea	Seasoned twisters & baked beans	Tuna or Ham sandwiches & cucumber slices	Cheese & Tomato Pizza with cucumber sticks	Crackers & cheese with carrot sticks	Tomato Pasta Salad with bread & butter fingers
	Jelly & Fruit	Fresh Fruit	Chocolate Chip Cookies	Shortbread	Chocolate Crispy Cakes

## Week 4

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### C Nursery & The Den

Lunch	* Quorn chicken Chicken, sweetcorn, tomato & vegetable rice	*Quorn mince Lamb Cottage Pie with carrots	* Quorn Chicken Curry with Rice & veg	Cheese & Tomato Lasagne & Peas	* Fish, New Potatoes & Mixed Vegetables
	Fruit Yoghurt	Fruit Salad	Jelly & Cream	Assorted Ice Creams	Bananas & Custard
Tea	Chicken Risotto	Potato wedges with ham & cheese	Mozzarella sticks with bread & butter fingers	* Vegetable fingers Fish Fingers with bread & butter & salsa dip	Savoury Vegetable Rice
	Flapjack	Yoghurt	Muffins	Shortbread	Carrot Cake