

Week 1
*** Vegetarian Option**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|---|---|---|
| Breakfast | Toast, Cereal and Milk to drink | | | | |
| A | Weaning Stage 1 6 – 8 Months (Puree) | | | | |
| Lunch | Cauliflower and Broccoli Fruit Puree | Potato and Courgette Fruit Puree | Sweet Potato Fruit Puree | Parsnip and Pea Fruit Puree | Butternut Squash Fruit Puree |
| Tea | Butternut Squash Fruit Puree | Swede And Carrot Fruit Puree | Broccoli and Potato Fruit Puree | Courgette and Swede Fruit Puree | Sweet Potato and Pea Fruit Puree |
| B | Weaning Stage 2 8 -12 Months (Semi Puree / Chopped) | | | | |
| Lunch | Chicken & Vegetable Casserole Fruit Cocktail (check) | Gammon Ham with potatoes, carrots and parsley sauce Jelly & Cream | Turkey Mince Bolognaise with pasta twists, grated cheese Yoghurt | Sweet & Sour Chicken with vegetable rice Angel Delight | Lentil & Vegetable Cottage Pie Ice Cream |
| Tea | Butternut Squash with cheese Angel Delight | Swede, carrot and potato Banana Puree | Broccoli, potato and chicken Fruit Puree | Swede, courgette and Quorn Fruit Puree | Sweet potato, broccoli and cheese Yoghurt |
| C | Nursery | | * Vegetarian Option | | |
| Lunch | Chicken & Vegetable Casserole with cubed potatoes, peas & sweetcorn Fruit Cocktail | Gammon Ham with potatoes, carrots and parsley sauce Jelly & Cream | Turkey Mince Bolognaise with pasta twists, grated cheese Yoghurt | Sweet & Sour Chicken with vegetable rice Angel Delight | Lentil & Vegetable Cottage Pie Ice Cream |
| Tea | Cheese & Tomato Pizza with salad Chocolate Crispy Cakes | Sausage or cheese rolls with spaghetti hoops Fresh Fruit | Jacket Potato with baked beans and cheese (only once per week) Flapack | Cheese and cucumber wraps with peppers (wholemeal) Chocolate Brownie | Ham and Potato Twisters Melon & Apple Wedges |

Week 2
*** Vegetarian Option**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|---|--|--|---|---|
| Breakfast | Toast, Cereal and Milk to drink | | | | |
| A | Weaning Stage 1 6 – 8 Months (Puree) | | | | |
| Lunch | Broccoli and butternut squash Fruit Puree | Parsnip and Pea Fruit Puree | Cauliflower and broccoli Fruit Puree | Carrots and Swede Fruit Puree | Courgette and cauliflower Fruit Puree |
| Tea | Cauliflower and potato Fruit Puree | Potato and spinach Fruit Puree | Courgette and carrot Fruit Puree | Sweet potato & green beans Fruit Puree | Butternut squash Fruit Puree |
| B | Weaning Stage 2 8 -12 Months (Semi Puree / Chopped) | | | | |
| Lunch | Singapore Chicken Noodles Peaches & Cream | Lentils, Vegetables and Potatoes, with parsley sauce Yoghurt | Cheese & Tomato Lasagne with peas Jelly | Vegetable Chilli con Carne with brown rice (Brown) Bananas and Custard | Chicken, cube potatoes and mixed veg Fruit Cocktail & Ice Cream |
| Tea | Cauliflower, potato and cheese Banana Puree | Baked Beans and potato (only once per week) Fruit Puree | Courgette, carrot and chicken Fruit Puree | Quorn pieces, Broccoli and sweet potato Fruit Yoghurt | Butternut squash With cheese Fruit Puree |
| C | Nursery | | | | |
| Lunch | Singapore Chicken noodles Peaches & Cream | Fish fingers Potatoes, Mixed vegetables & parsley sauce Yoghurt | Cheese and Tomato Lasagne with peas Jelly | Vegetable Chilli Con Carne With brown rice Bananas and Custard | Chicken, cube potatoes and mixed veg Fruit cocktail and ice cream |
| Tea | Chicken, and /or cheese & cucumber Sandwiches (Wholemeal) with potato wedges. Cookies | Sausage / Cheese Rolls with Baked Beans Fruit | Crackers and cheese with apple sticks Pancakes | Chicken Goujons with salad and bread & butter Yoghurt | Tomato Pasta with vegetables & Garlic bread Plain Muffins |

Week 3

*** Vegetarian Option**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|---------|-----------|----------|--------|
| Breakfast | Toast, Cereal and Milk to drink | | | | |

A Weaning Stage 1 6 – 8 Months (Puree)

| | | | | | |
|-------|--|-------------------------------------|---|---|---------------------------------------|
| Lunch | Sweet Potato & Broccoli Fruit Puree | Cauliflower and Peas Yoghurt | Carrot and Swede Fruit Puree | Parsnip and Courgette Fruit Puree | Potato and Carrots Fruit Puree |
| Tea | Potato & Swede Fruit Puree | Butternut Squash Fruit Puree | Cauliflower and Broccoli Fruit Puree | Sweet Potato & Green Beans Fruit Puree | Swede and Parsnip Fruit Puree |

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

| | | | | | |
|-------|--|--|--|---|---|
| Lunch | Mild Chicken Curry with brown rice Fruit Cocktail (Check) | Meat Balls in tomato sauce with spaghetti Yoghurt | Lamb Cottage Pie with carrots Angel Delight | Chicken Pasta bake with sweetcorn Cake and custard | Fish cakes, potatoes, mixed veg & parsley sauce. Ice Cream |
| Tea | Quorn mince, potatoes and swede. Fruit Puree | Butternut squash and cheese Fruit Puree | Chicken, cauliflower and broccoli Fruit Puree | Quorn, broccoli and sweet Potato Fruit Puree | Potato, parsnip and swede Fruit Puree |

C Nursery

*** Vegetarian Option**

| | | | | | |
|-------|--|--|--|--|---|
| Lunch | Mild Chicken Curry with 1/2 brown, 1/2 white rice and Naan bread. Peaches & Cream | Meat Balls in tomato sauce with spaghetti Yoghurt | Lamb cottage Pie With Carrots Angel Delight | Chicken Pasta bake with sweet corn. Cake & Custard | Fishcake, potatoes, mixed veg & Parsley sauce. Ice Cream |
| Tea | Ham and cheese with potato waffles Chocolate Brownie | Cheese & Tomato Pizza with Salad Shortbread | Savoury Rice with veg and chicken Flapjack | Jacket Potato with baked beans & grated cheese (Only once per week) Peaches (Check) | Cheese or Sausage roll with spaghetti hoops Fresh fruit |

Week 4
*** Vegetarian Option**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|---------|-----------|----------|--------|
| Breakfast | Toast, Cereal and Milk to drink | | | | |

A Weaning Stage 1 6 – 8 Months (Puree)

| | | | | | |
|-------|---|--|--|---------------------------------------|---|
| Lunch | Parsnip and potato Fruit Puree | Sweet Potato and Broccoli Yoghurt | Parsnip and courgette Fruit Puree | Broccoli and swede Fruit Puree | Cauliflower and Peas Fruit Puree |
| Tea | Cauliflower & Carrot Fruit Puree | Swede and courgette Fruit Puree | Cauliflower and swede Fruit Puree | Potato, and carrot Fruit Puree | Butternut Squash Fromage frais |

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

| | | | | | |
|-------|--|--|--|---|--|
| Lunch | Chicken Casserole with Rice Rice Pudding ?? | Gammon Ham with mash potato, parsley sauce and carrots Yoghurt | Lamb Spaghetti Bolognaise Banana Puree & Cream | Chicken Singapore noodles Sponge & Custard | Fish fingers, cheesy mash and baked beans Only once per week Ice Cream |
| Tea | Carrot, Potato & Cauliflower Fruit Puree | Chicken, swede and courgette Fruit Puree | Quorn, Swede & cauliflower Fruit Puree | Mashed Potato, baked beans & cheese Fruit Puree | Broccoli & sweet potato with cheese Fromage Frais |

C Nursery
*** Vegetarian Option**

| | | | | | |
|-------|---|---|--|---|--|
| Lunch | Chicken Casserole with brown rice Rice Pudding ?? | Gammon Ham with mash potato, parsley sauce & carrots . Yoghurt | Lamb Spaghetti Bolognaise Bananas and Cream | Chicken Singapore Noodles Sponge & Custard | Fish fingers, cheesy mash and baked beans Ice Cream |
| Tea | Fish Fingers with bread and butter (Got fish fingers twice) Chocolate Brownie | Cheese & Cucumber wraps with pepper sticks (wholemeal) Melon and apple wedges | Ham & Potato Waffles with tomatoes and cucumber sticks. Chocolate Crispy cake | Vegetable nuggets with spaghetti hoops Carrot Cake | Mozzarella sticks, with salad dip and bread & butter Fresh Fruit |

VEGETARIAN OPTION MENU

| | | | | | |
|--------------|---|---|--|---|--|
| Lunch | Quorn pieces & Vegetable Casserole with cubed potatoes, peas & sweetcorn Yoghurt | Quorn vegan fillets with potatoes, carrots and parsley sauce Jelly and Cream | Quorn mince Bolognaise with pasta twists & grated cheese Fruit Cocktail (check) | Quorn pieces with sweet and sour sauce with vegetable rice Angel Delight | Lentil & Vegetable Cottage Pie Ice Cream |
| Tea | Cheese and Tomato Pizza with salad Chocolate Crispy Cakes | Cheese roll with spaghetti hoops Fresh Fruit | Jacket Potato with baked beans & grated cheese (once per week) Flapjack | Cheese & Cucumber wraps with pepper sticks (wholemeal) Chocolate Brownie | Cheese with potato twisters Melon & Apple Wedges |

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---------------|----------------|------------------|-----------------|---------------|
|---------------|---------------|----------------|------------------|-----------------|---------------|

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|---|--|
| Lunch | Quorn pieces with Singapore style noodles Peaches & Cream | Fish Fingers with New potatoes, mixed veg and parsley sauce Yoghurt | Quorn mince Cheese & Tomato Lasagne with peas Jelly | Vegetable Chilli Con Carne and rice Bananas & Custard | Quorn pieces, cube potatoes and mixed veg Fruit Cocktail & Ice cream |
| Tea | Cheese & cucumber Sandwiches with potato wedges (wholemeal) Cookies | Baked beans with cheese rolls Fresh Fruit | Crackers and cheese with apple sticks Pancakes | Vegetable Nuggets with salad and Bread & butter Yoghurt | Vegetable Tomato pasta with Garlic bread Muffins |

VEGETARIAN OPTION MENU

| WEEK 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|--|--|---|--|
| Lunch | Quorn pieces with curry sauce 1/2 white.1/2 brown rice and naan bread Peaches and Cream | Vegan Meat Balls in tomato sauce with spaghetti Yoghurt | Quorn mince with carrots Angel Delight | Quorn pieces with pasta and sweetcorn Cake & Custard | Fish cake , boiled potatoes, mixed vegetables & Parsley sauce Ice Cream |
| Tea | Cheese, potato waffles and beans (once per week) Chocolate Brownie | Cheese and tomato pizza Shortbread | Quorn with Savoury Rice and vegetables Flapjack | Jacket potato with baked beans (once per week) & grated cheese Peaches | Cheese roll with spaghetti hoops Fresh fruit |

| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|--|--|--|
| Lunch | Quorn pieces in a Vegetable Casserole with Rice ?? Rice Pudding | Vegan Ham with mash potato, parsley sauce and carrots Yoghurt | Quorn mince Spaghetti Bolognaise Bananas and Cream | Quorn pieces in a Singapore sauce with noodles Sponge & Custard | Fish fingers with cheesy mash potato and baked beans Ice Cream |
| Tea | Fish Fingers with bread and butter (Fish fingers twice) (Wholemeal) Chocolate Brownie | Cheese & Cucumber wraps (wholemeal) with pepper sticks Chocolate crispy cake | Potato Waffles with cheese, tomatoes and cucumber sticks Melon and apple wedges | Vegetable nuggets with spaghetti hoops Carrot Cake | Mozzarella sticks, with salad, dip and bread and butter Fresh Fruit |