

Autumn/Winter Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Served with a choice of milk or water)	Choice of cereal	Fruit loaf with oranges wedges	Weetabix with warm milk and blueberries	Toast served with bananas	Porridge and raisins
Lunch	Pasta Bolognese served with garlic bread	Roast chicken dinner served with mash potatoes, mixed vegetables and gravy	Cheesy salmon and broccoli pasta bake	Fish fingers served with mashed potato and beans	Chickpea and spinach curry served with rice and naan bread
Vegetarian option	Vegetable pasta Bolognese	Quorn chicken dinner served with mash potatoes, mixed vegetables and vegetable gravy	Cheesy broccoli pasta bake	Vegetable fingers with mashed potato and beans	
Dessert	Fresh fruit salad	Homemade rice pudding	Homemade raspberry mousse	Natural Greek yogurt served with mixed berries	Bread and butter pudding with custard
Baby led weaning	Tomato and veggie stars with smashed peas	Chicken and apple balls with steamed carrot batons	Cheesy salmon and squash croquettes with steamed broccoli	Mini Cod burgers with smashed beans	Sweet potato and chickpea bhaji with cucumber and yoghurt dip
Baby puree weaning	Carrot, pea and sweet pepper puree	Potato, carrot and sweetcorn puree	Cod spinach and broccoli puree	Lentil and sweet potato puree	Roasted butternut squash and carrot puree
Tea	Homemade banana bread served with apple slices	Butternut squash and carrot soup served with toasted fingers	Ham sandwiches with cucumber and carrot batons	Rice cakes with cream cheese and tomato slice	Beans on toast
Babies led weaning	Mini banana and carrot muffins	Avocado on wholemeal toasted fingers	Wholemeal toast soldiers with steamed carrot batons	Rice cakes with cream cheese	Carrot and sweetcorn fritters
Baby puree weaning	Banana and yoghurt puree	Avocado puree	Fromage frais	Blueberry porridge	Stewed apple and pear puree
Late Snack	Oranges	Apple slices	Pear slice	Melon	Banana

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Served with a choice of milk/water)	Choice of cereal	Wholemeal Toast served with banana	Breakfast muffin served with fresh berries	Choice of cereal	Toasted bagels with melon smiles
Lunch	Chicken and broccoli pasta bake served with peas	Cheese and potato pie served with beans	Sausage dinner served with mash, peas, sweetcorn and onion gravy	Vegetable chilli con carne served with rice and tortilla chips	Fish pie served with sweetcorn and green beans
Dessert	Bananas and custard	Mixed fruit salad	Strawberry jelly with fresh strawberries	Blueberry fool served with Greek yogurt	Pineapple upside down cake
Baby led weaning	Sweet potato and Broccoli croquettes	Superfood veggie balls with smashed beans	Mini pork and apple burgers with steamed carrot batons	Frittata muffins	Cheesy cod and potato croquettes
Baby puree weaning	Sweet potato and broccoli puree	Roasted butternut squash and carrot puree	Roasted carrot and sweet pepper puree	Potato, carrot and sweetcorn puree	Spinach and cod puree
Tea	Leek and potato soup served with crusty bread	Pitta fingers with cream cheese and chive dip and cucumber batons	Bara brith served with apple and pear slices	Chicken sandwiches served with sweetcorn	Crackers with cheese and pickle served with apple slices
Baby led Weaning	Sweet potato and apple mini muffins	Cream cheese on Wholemeal toasted soldiers	Frozen berry and yogurt bark	Carrot and sweetcorn fritters	Wholemeal toast soldiers with skinless cucumber batons
Baby puree weaning	Stewed apple and pear puree	Mashed banana	Fromage frais	Greek yoghurt with mango swirl	Blueberry porridge
Late Snack	Melon smiles	Pear slices	Apple slices	Banana	Oranges