

Autumn/Winter Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Served with a choice of milk or water)	Choice of cereal and fruit	Fruit loaf with oranges wedges	Weetabix with warm milk and Banana	Toast served with Apple	Porridge with Strawberries
Lunch	Fish fingers served with mashed potato and beans	Roast chicken dinner served with mash potatoes, mixed vegetables and gravy	Tomato and tuna pasta bake with broccoli	Fruity chicken Curry	Pasta Bolognese served with garlic bread
Vegetarian option	Vegetable fingers with mashed potato and beans	Quorn chicken dinner served with mash potatoes, mixed vegetables and vegetable gravy	Cheese broccoli and cauliflower pasta	Fruity Curry	Vegetable pasta Bolognese
Dessert	Winter fruit salad	Homemade rice pudding & Berry Coulis	Homemade raspberry mousse	Cinnamon yogurt with mixed berries	Chocolate Orange cake
Baby led weaning	Tomato and veggie stars with smashed peas	Chicken and apple balls with steamed carrot batons	Tomato Tuna 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	Butternut squash and carrot soup served with toasted fingers	Homemade Pizza Muffins with corn on the cob	Ham sandwiches with cucumber and carrot batons	Homemade cheese and tomato roll ups	Beans on toast
Babies led weaning	Mini banana and carrot muffins	Avocado on wholemeal toasted fingers	Wholemeal toast soldiers with steamed carrot batons	Vegetable sticks and bread solders.	Carrot and sweetcorn fritters
Baby puree weaning	Banana and yoghurt puree	Avocado puree	Fromage frais	Blueberry porridge	Stewed apple and pear puree
Late Snack	A choice of fresh fruit/rice cake	A choice of fresh fruit/rice cake	A choice of fresh fruit/rice cake	A choice of fresh fruit/rice cake	A choice of fresh fruit/rice cake

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Served with a choice of milk/water)	Choice of cereal and fruit	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 gravy	Vegetable chilli con carne served with rice and tortilla chips	Fish pie served with sweetcorn and green beans
Vegetarian Option	Broccoli pasta bake served with peas		Vegetable sausage dinner served with mash, peas, sweetcorn and gravy		Creamy potato pie served with green beans
Dessert	Bananas and custard	Apple and pear crumble and cream	Strawberry jelly with fresh strawberries	Winter stewed apple with custard	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	Jacket Potato and beans	Pitta fingers with mint yogurt dip and cucumber batons	Bara brith served with apple and pear slices	Chicken sandwiches served with sweetcorn	Tomato and basil soup
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	choice of fresh fruit/rice cake	choice of fresh fruit/rice cake	choice of fresh fruit/rice cake	choice of fresh fruit/rice cake	choice of fresh fruit/rice cake