Autumn / Winter Menu Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Choice of cereal | Crumpets and banana, milk | Toasted bagel and cream cheese, milk | Toasted fruit loaf, milk | Choice of cereal |
| Lunch | Chicken curry with rice and poppadum's | Cheesy potato pie and baked beans | Pasta bake with salad or vegetables | Vegetable casserole with crusty bread | 100% cod fish fingers, mashed potato with peas and parsley sauce |
| Dessert | Mandarins in juice with vanilla ice-cream | Apple & pear slices | Mixed fruit salad | fruit sponge with custard | Fruit crumble & evaporated milk |
| Babies - weaning | Baby rice & carrot | Sweet potato & apple | Potato & mixed veg | Parsnip & swede | Potatoes, peas & broccoli |
| Tea | Tuna & salad pitta pockets | Chicken sandwiches with sweetcorn | Yoghurt and mint dip with pitta fingers and cucumber slices | Cheese sandwiches with tomato slices | Crackers, apple slices and cheese |
| Babies - weaning | Fromage frais | Pureed banana | Mixed fruit puree | Fromage frais | Apple and pear puree |

Autumn / Winter Menu Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Choice of cereal | Mixed fruit and yoghurt | Toast and banana, milk | Choice of cereal | Brioche, milk |
| Lunch | Cheesy tuna and sweetcorn pasta | Vegetarian cottage pie with broccoli | Sausage Dinner, roasties and veg | chicken goujons with creamy mash and beans | Pasta bolognaise |
| Dessert | Mango smiles | Banana’s & custard | Mousse | Swiss roll & custard | Fruit & yogurt |
| Babies - weaning | Sweet potato & parsnip | Potato & broccoli | Baby rice & carrot | Peas & cauliflower | Potato & carrot |
| Tea | Baked beans on toast | Rice cakes, salmon pate and cucumber | Egg and cress rolls with pepper batons | Apple and pear slices, crackers and cheese | chicken sandwiches with cucumber |
| Babies - weaning | Pear & peach puree | Pureed apple & custard | Fromage frais | Apple & pear puree | Pureed banana |