

FOOD Spring & Summer weaning menu - week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Breadsticks & peaches 	Cream cheese rice cakes & strawberries 	Buttered crumpet with satsumas 	Banana & ricotta smash on oatcakes 	Pitta pocket with houmous & carrot
Lunch Pudding (Only for 10-12 months)	Fiesta bean & rice bowl 	Little farmers' chicken pie 	Cheesy cowbow bean bake 	Magic bean spaghetti 	Grow strong tuna pasta bake
Vegetarian lunch Pudding (Only for 10-12 months)	Orange wedges & yoghurt 	Fruit & spiced yummy yoghurt dip 	Colour burst fruit kebabs 	Traffic light fruit salad 	Frozen yoghurt blueberry bark
High tea Pudding (Only for 10-12 months)	Fiesta bean & rice bowl 	Little farmers' veggie pie 	Cheesy cowbow bean bake 	Magic bean veggie spaghetti 	Grow strong beanie pasta bake
Vegetarian high tea Pudding (Only for 10-12 months)	Orange wedges & yoghurt 	Fruit & spiced yummy yoghurt dip 	Colour burst fruit kebabs 	Traffic light fruit salad 	Frozen yoghurt blueberry bark
	Salmon stuffed spuds 	Picnic pitta pizzas 	Yummy tummy chicken wraps 	Rainbow rolls 	Summer sunshine couscous salad
	Sliced apple 	Banana & cinnamon bites 	Peaches 	Grapes 	Pineapple & mint
	Lentil stuffed spuds 	Picnic pitta pizzas 	Yummy tummy tofu wraps 	Rainbow rolls 	Summer sunshine couscous salad
	Sliced apple 	Banana & cinnamon bites 	Peaches 	Grapes 	Pineapple & mint

4 5 2 4

4 6 2 5

3 6 2 4

3 6 2 3

3 6 3 4



Starchy portions



Fruit and vegetable portion



Meat, fish, eggs, beans & non dairy protein portion



Milk and dairy foods



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• Breakfast is served every day. We serve a selection of wholegrain cereals, toast and fruit. Cereals used are listed in the allergens information.

• Water is available all day. Milk is offered at snack and teatime too.

• Fruit is available in the afternoon for children to help themselves to.

FOOD Spring & Summer weaning menu - week 2



Morning snack

Lunch

Pudding
(Only for 10-12 months)

Vegetarian lunch

Pudding
(Only for 10-12 months)

High tea

Pudding
(Only for 10-12 months)

Vegetarian high tea

Pudding
(Only for 10-12 months)

MONDAY

Butter bean hummous & rice cakes



Sunny garden veggie rice with cucumber & yummy yoghurt



Mango

Sunny garden veggie rice with cucumber & yummy yoghurt



Mango

Cheese & turkey veggie wraps with crunchy pepper sticks



Raspberries

Cheese & lentil veggie wraps with crunchy pepper sticks



Raspberries

3 5 3 3

TUESDAY

Tomatoes on toast



Zesty chicken with broccoli flatbreads & yummy yoghurt dip



Saucy berry delight

Tangy Tofu with broccoli flatbreads & yoghurt dip



Mango

Tuna-tastic stuffed jackets with creamy coleslaw



Watermelon & mint salad with oatcakes

Cheesy beanie stuffed jackets with coleslaw



Watermelon & mint salad with oatcakes

4 5 2 3.5

WEDNESDAY

Grapes & breadsticks

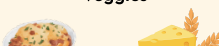


Cheesy veggie pasta bake with 'eat the rainbow' veggies



Cheese & oatcakes

Cheesy veggie pasta bake with 'eat the rainbow' veggies



Cheese & oatcakes

Sunny summer salad with egg, cheese & avocado



Creamy peachy cups

Sunny summer salad with egg, cheese & avocado



Creamy peachy cups

4 6 2 4

THURSDAY

Cheese & oatcakes

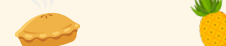


Ocean fish pie with squeaky green beans



Pineapple with coconut yoghurt

Creamy lentil & vegetable pie with squeaky green beans



Pineapple with coconut yoghurt

Mango tango chicken pitta pocket with pepper sticks



Smoothie fruit lolly

Mango tango tofu pitta pocket with pepper sticks



Smoothie fruit lolly

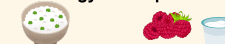
4 4 2 5

FRIDAY

Apricots & buttered crumpets



Super savoury chilli with zingy rice & peas



Spiced summer berry compote with yoghurt

Super savoury veggie chilli with zingy rice & peas



Spiced summer berry compote with yoghurt

Egg sarnie & pink salad



Spiced bananas

Egg sarnie & pink salad



Spiced bananas

3 6 2 4



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Starchy portion



Fruit and vegetable portion



Meat, fish, eggs, beans & non dairy protein portion



Milk and dairy foods





Spring & Summer weaning menu - week 3



Morning snack

Lunch

Pudding
(Only for 10-12 months)

Vegetarian lunch

Pudding
(Only for 10-12 months)

High tea

Pudding
(Only for 10-12 months)

Vegetarian high tea

Pudding
(Only for 10-12 months)

MONDAY

Buttered crumpet & satsumas



Sunny spiced spinach rice with peas



Strawberry swirl yoghurt

Sunny spiced spinach rice with peas



Strawberry swirl yoghurt

Dip & dunk flatbread fun with sweet potato dip



Apples

Dip & dunk flatbread fun with sweet potato dip



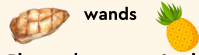
Apples

TUESDAY

Beetroot dip with rice cakes

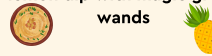


Paprika chicken with golden crunchy potatoes & zesty lemon dip with magic green wands



Pineapple, mango & mint magic

Paprika chickpeas with golden crunchy potatoes & zesty lemon dip with magic green wands



Pineapple, mango & mint magic

Beanie pasta salad



Watermelon & mint salad

Beanie pasta salad



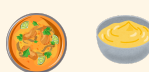
Watermelon & mint salad

WEDNESDAY

Avocado bagel

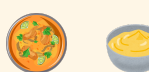


Rainbow veggies, fish curry & wiggly noodles



Creamy custard & fruit sauce

Rainbow veggies, aubergine curry & wiggly noodles



Creamy custard & fruit sauce

Munch & crunch platter



Orange wedges

Munch & crunch platter



Orange wedges

THURSDAY

Oatcakes with houmous



Chicken & vegetable comfort crumble



Apple & apricot bites

Lovely lentil comfort crumble



Apple & apricot bites

Tasty tomato bean bowl



Banana & cinnamon bites

Tasty tomato bean bowl



Banana & cinnamon bites

FRIDAY

Toasted English muffin with carrots & apples

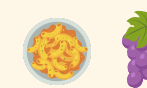


Oozy cheesy pasta



Melon & grape mix-up

Oozy cheesy pasta



Melon & grape mix-up

Tea party savoury scones with mackerel pate



Peaches

Tea party savoury scones with houmous



Peaches

3 5 2 3

3 5 2 4

3 5 2 3.5

3 5 3 4

3 6 2 4



Starchy portion



Fruit and vegetable portion



Meat, fish, eggs, beans & non dairy protein portion



Milk and dairy foods

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