



Autumn & Winter weaning menu - week 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cottage cheese & corn cakes SU	Houmous & oatcakes G, SS, SU	Egg dip & breadsticks E, G, D	Tuna dip & rice cakes F, D, SU, SO or Houmous & rice cakes (V) SS, D, SO	Cream cheese & crackers D, G, N
Lunch Pudding (From 10-12 months)	Mexican black bean rice bowl with avocado SU Pudding Apple and raspberry oat bake with yoghurt GM	<u>Starter</u> Butternut squash soup & wholemeal roll G, SO, CE, D Chicken and leek pie with potato topping & green beans	BBQ bean ranch hotpot with cheese & courgette MU, D Pudding Rice pudding with dried apricots D	<u>Starter</u> Cheese, grapes & oatcakes SO, SE, SU Turkey & bean bolognese with roasted butternut squash CE, G	Tuna & lemon linguine with carrots F, G Pudding Winter berry compote with yoghurt D
Vegetarian lunch Pudding (From 10-12 months)	Mexican black bean rice bowl with avocado SU Pudding Apple and raspberry oat bake with yoghurt GM	<u>Starter</u> Butternut squash soup & wholemeal roll G, SO, CE, D Butter bean and leek pie with potato topping & green beans CE, G, SO	BBQ bean ranch hotpot with cheese & courgette MU, D Pudding Rice pudding with dried apricots D	<u>Starter</u> Cheese, grapes & oatcakes D, G Tomato & bean bolognese with roasted butternut squash CE, G	Haricot bean & lemon linguine with carrots G Pudding Winter berry compote with yoghurt D
High tea Pudding (From 10-12 months)	Pizza bagel with creamy butter bean dip and carrot sticks G, SS, MU, SU Pudding Fruit	Sweet potato jacket with mackerel pate and sweetcorn D, F, S U Pudding Fruit	Chicken & pineapple sandwich with celery sticks D, G, SO, CE Pudding Fruit	Egg & cress wholemeal rolls G, SO E, D Pudding Fruit	Chicken with tomato salsa & tortilla wraps G Pudding Fruit
Vegetarian high tea Pudding (From 10-12 months)	Pizza bagel with creamy butter bean dip and carrot sticks G, SS, MU, SU Pudding Fruit	Sweet potato jacket with cream cheese and lentil pate and sweetcorn SU, MU Pudding Fruit	Tofu & pineapple sandwich with celery sticks D, G, SO Pudding Fruit	Egg & cress wholemeal rolls G, SO E, D Pudding Fruit	Quorn with tomato salsa & tortilla wraps E, G Pudding Fruit

4 5 2 2-3

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Starchy & carbs portions



Fruit and vegetable portion



Protein portion



Dairy portion

- Our menus may change slightly based on available ingredients.
- Breakfast is served every day. We serve a selection of wholegrain cereals and fruit.
- 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.

Allergen Key

(G) = Cereals containing Gluten (CR) = Crustaceans (E) = Eggs (F) = Fish (P) = Peanuts (SO) = Soya (D) = Dairy (N) = Nuts from trees (CE) = Celery (MU) = Mustard(SS) = Sesame seeds (SU) = Sulphur dioxide and sulphites (L) = Lupin (MO) = Molluscs. All known allergens are in Red Any 'may contain' are in Blue





Autumn & Winter weaning menu - week 2



Morning snack

Lunch

Pudding
(From 10-12 months)

Vegetarian lunch

Pudding
(From 10-12 months)

High tea

Pudding
(From 10-12 months)

Vegetarian high tea

Pudding
(From 10-12 months)

MONDAY

Cottage cheese & rice cakes
D, SO

Starter

Leek & potato soup
D, CE
Chickpea & vegetable biriyani with carrot raita and cauliflower
D

Starter

Leek & potato soup
D, CE
Chickpea & vegetable biriyani with carrot raita and cauliflower
D

Cheese & pineapple wraps
D, G

Pudding
Fruit

Tofu & pineapple wraps
G, SO, L, MU, SS

Pudding
Fruit

TUESDAY

Houmous & breadsticks
G, SE, SU, SO

Beef burgers in wholemeal bun with tomato and sweetcorn
E, G, N

Pudding

Apple & cranberry compote with yoghurt
D

Bean burgers in wholemeal bun with tomato and sweetcorn
E, G, SO, D

Pudding

Apple & cranberry compote with yoghurt
D

Salmon & cream cheese jacket potato with cucumber and lettuce
F, D

Pudding
Fruit

Creamy lentil jacket potato with cucumber and lettuce
D, SU

Pudding
Fruit

WEDNESDAY

Cheddar cheese & crackers
G, D, N

Starter

Traffic light veggie platter

Mild jerk chicken with rice & yoghurt and green beans
D

Starter

Traffic light veggie platter

Quorn jerk chicken with rice & yoghurt and green beans
E, D

Egg & cress wholemeal rolls
G, SO E, D

Pudding
Fruit

Egg & cress wholemeal rolls
G, SO E, D

Pudding
Fruit

THURSDAY

Banana & ricotta smash oatcakes
G, D

Fish pie with potato topping and carrots
F, D, G

Pudding

Poached pears with dates and ginger

Lentil & vegetable pie with potato topping and carrots
D, G

Pudding

Poached pears with dates and ginger

Chicken, cheese & mango wraps
D, W

Pudding
Fruit

Tofu, cheese & mango wraps
G, SO, D, L, MU, SS

Pudding
Fruit

FRIDAY

Guacamole & corn cakes
SO, SE, D

Starter

Beetroot & yoghurt dip with cucumber sticks
D

Moroccan style lamb tagine with couscous and broccoli
G

Starter

Beetroot & yoghurt dip with cucumber sticks
D

Moroccan style chickpea tagine with couscous and broccoli
G

Teddy bears picnic - egg, bread roll, apple and cheese
E, G, SO, D, SE

Pudding
Fruit

Teddy bears picnic - houmous, bread roll, apple and cheese
SE, SU, G, D

Pudding
Fruit

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Starchy & carbs portions



Fruit and vegetable portion



Protein portion



Dairy portion

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FOOD Autumn & Winter weaning menu - week 3

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Morning snack

Lunch

Pudding
(From 10-12 months)

Vegetarian lunch

Pudding
(From 10-12 months)

High tea

Pudding
(From 10-12 months)

Vegetarian high tea

Pudding
(From 10-12 months)

MONDAY

Cream cheese & oat cakes
D, G

Red lentil & spinach dahl with basmati rice and peas

Pudding
Poached peaches

Red lentil & spinach dahl with basmati rice and peas

Pudding
Poached peaches

Courgette & cheese muffins with pepper & cucumber sticks
E, D, G

Pudding
Fruit

Courgette & cheese muffins with pepper & cucumber sticks
E, D, G

Pudding
Fruit

TUESDAY

Tomatoes & rice cakes
D, SO

Starter
Cheese & apple
D

Lemon & thyme chicken with mashed potato and courgette
D

Starter
Cheese & apple
D

Lemon & herb butter beans with crispy bread crumbs, mashed potato and courgette
SU, G, D

Teddy bears picnic - egg, bread roll, apple and cheese
E, G, SO, D, SE

Pudding
Fruit

Teddy bears picnic - houmous, bread roll, apple and cheese
SE, SU, G, D

Pudding
Fruit

WEDNESDAY

Houmous & breadsticks
G, SE, SU, SO

Beef stifado with orzo pasta and broccoli
CE, G

Pudding
Banana & blueberry cheesecake bites
D, G

Haricot bean stifado with orzo pasta and broccoli
CE, G

Pudding
Banana & blueberry cheesecake bites
D, G

Cheesy bean jacket potato & carrot batons
D

Pudding
Fruit

Cheesy bean jacket potato & carrot batons
D

Pudding
Fruit

THURSDAY

Cheddar cheese & crackers
G, D, N

Starter
Minestrone soup
CE, D, G, N, E, F, SO

Coconut, aubergine & chickpea curry with naan bread and mixed veg
G, D

Starter
Minestrone soup
CE, D, G, N, E, F, SO

Coconut, aubergine & chickpea curry with naan bread and mixed veg
G, D

Tuna pasta salad with yoghurt dressing & cucumber
G, F, D, SU

Pudding
Fruit

Mixed bean salad with yoghurt dressing & cucumber
G, D, SU

Pudding
Fruit

FRIDAY

Corn cakes & pepper sticks
D, SE, SO

Mac 'n' cheese with beans, winter greens & rosemary breadcrumbs and butternut squash
G, D, MU

Mac 'n' cheese with beans, winter greens & rosemary breadcrumbs and butternut squash
G, D, MU

Chicken with tomato salsa & tortilla wraps
G

Pudding
Fruit

Quorn chicken with tomato salsa & tortilla wraps
G

Pudding
Fruit

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