# Autumn & Winter weaning menu - week 1

## Morning snack

# Lunch

(From 10-12

## Vegetarian lunch

(From 10-12

High tea (From 10-12

# Vegetarian

high tea (Fromr 10-12

#### MONDAY

Cottage cheese & corn cakes

Mexican black bean rice bowl with avocado

#### Pudding

Apple and raspberry oat bake with yoghurt

Mexican black bean rice bowl with avocado

### <u>Pudding</u>

Apple and raspberry oat bake with yoghurt

Pizza bagel with creamy butter bean dip and carrot sticks G, SS, MU, SU

> <u>Pudding</u> Fruit

Pizza bagel with creamy butter bean dip and carrot sticks G. SS. MU. SU

> <u>Pudding</u> Fruit

#### **TUESDAY**

Houmous & oatcakes G, SS, SU

## Butternut squash soup & wholemeal roll

G, SO, CE, D Chicken and leek pie with potato topping & green beans

#### Starter

Butternut squash soup & wholemeal roll G. SO. CE. D

Butter bean and leek pie with potato topping & green beans

Sweet potato jacket with mackerel pate and sweetcorn D. F. S U

> **Pudding** Fruit

Sweet potato jacket with cream cheese and lentil pate and sweetcorn

> SU, MU <u>Pudding</u> Fruit

### WEDNESDAY

Egg dip & breadsticks E, G, D

BBQ bean ranch hotpot with cheese & courgette

**Pudding** Rice pudding with dried apricots

BBQ bean ranch hotpot with cheese & courgette

**Pudding** Rice pudding with dried apricots

Chicken & pineapple sandwich with celery sticks D, G, SO, CE

> **Pudding** Fruit

Tofu & pineapple sandwich with celery sticks D, G, SO

Pudding

### **THURSDAY**

Tuna dip & rice cakes

or Houmous & rice cakes (V)

Cheese, grapes & oatcakes SO. SE. SU

Turkey & bean bolognese with roasted butternut squash

CF G

## Starter

Cheese, grapes & oatcakes

Tomato & bean bolognese with roasted butternut squash

> Egg & cress wholemeal rolls

> > **Pudding** Fruit

Egg & cress wholemeal rolls G, SO E, D

> <u>Pudding</u> Fruit

#### **FRIDAY**

Cream cheese & crackers D, G, N

Tuna & lemon linguine with carrots

F G

Pudding Winter berry compote with yoghurt

Haricot bean & lemon linguine with carrots

**Pudding** Winter berry compote with yoghurt

Chicken with tomato salsa & tortilla wraps

> Pudding Fruit

Quorn with tomato salsa & tortilla wraps E. G

> <u>Pudding</u> Fruit

























































portions

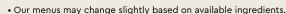
Fruit and vegetable portion



Protein portion



Dairy portion



- 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.



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# Autumn & Winter weaning menu - week 2



### MONDAY

## **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)

Cottage cheese & rice cakes

Starter Leek & potato soup Chickpea & vegetable biriyani with carrot raita and cauliflower

> <u>Starter</u> Leek & potato soup

Chickpea & vegetable biriyani with carrot raita and cauliflower

Cheese & pineapple

<u>Pudding</u> 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

<u>Pudding</u> Apple & cranberry compote with yoghurt

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

<u>Pudding</u> Apple & cranberry compote with yoghurt

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

> <u>Pudding</u> Fruit

Creamy lentil jacket potato with cucumber and lettuce

> Pudding Fruit

#### WEDNESDAY

Cheddar cheese & crackers

Starter Traffic light veggie platter

Mild jerk chicken with rice & yoghurt and green beans

Starter Traffic light veggie platter

Quorn jerk chicken with rice & yoghurt and green beans

> Eaa & cress wholemeal rolls G, SO E, D

> > <u>Pudding</u> Fruit

Egg & cress wholemeal rolls G, SO E, D

Pudding

#### **THURSDAY**

Banana & ricotta smash oatcakes

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

Pudding Poached pears with dates and

> Chicken, cheese & mango wraps

> > <u>Pudding</u> Fruit

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

<u>Pudding</u>

#### **FRIDAY**

Guacamole & corn cakes

#### Starter

Beetroot & yoghurt dip with cucumber sticks

Morocacan style lamb tagine with couscous and broccoli

#### Starter

Beetroot & yoghurt dip with cucumber sticks

Morocacan style chickpea tagine with couscous and broccoli

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

> <u>Pudding</u> Fruit

Teddy bears picnic - houmous, bread roll, apple and cheese

> **Pudding** Fruit

















































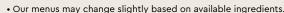
Fruit and vegetable portion



Protein portion



Dairy portion



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Anathews William

# FOOD Autumn & Winter weaning menu - week 3

MONDAY

**Morning** snack

Lunch **Pudding** (From 10-12 months)

Vegetarian lunch

> **Pudding** (From 10-12 months)

High tea **Puddina** (From 10-12 months)

Vegetarian high tea **Pudding** (From 10-12 months)

Cream cheese & oat cakes

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

> <u>Pudding</u> Fruit

Courgette & cheese muffins with pepper & cucumber sticks

> <u>Pudding</u> Fruit

**TUESDAY** 

Tomatoes & rice cakes

Starter Cheese & apple

Lemon & thyme chicken with mashed potato and courgette

> Starter Cheese & apple

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

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

> <u>Pudding</u> Fruit

Teddy bears picnic - houmous, bread roll, apple and cheese

> **Pudding** Fruit

**WEDNESDAY** 

Houmous & breadsticks G, SE, SU, SO

Beef stifado with orzo pasta and broccoli

Pudding Banana & blueberry cheesecake bites

Haricot bean stifado with orzo pasta and broccoli

Pudding Banana & blueberry cheesecake bites

Cheesy bean jacket potato & carrot batons

> **Pudding** Fruit

Cheesy bean jacket potato & carrot batons

> <u>Pudding</u> 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 G, D

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

Coconut, aubergine & chickpea curry with naan bread and mixed

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

> **Pudding** Fruit

Mixed bean salad with yoghurt dressing & cucumber

> **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

> **Pudding** Fruit

Quorn chicken with tomato salsa & tortilla wraps

> **Pudding** Fruit













Starchy

& carbs

portions









Fruit and

portion

vegetable





Protein

portion







Dairy

portion



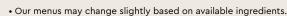












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