WEEK 1 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of Cereals & Fruits served with fresh Milk (F,C,D)				
Mid-morning snack	Fresh Milk and/or Water & Fruit Bowl (F,D)				
LUNCH					
Main Course	Chickpea Tikka Masala, served with wholegrain rice	Wholemeal Spaghetti, served with mince bolognese	Spinach & Ricotta Lasagne	Fish Pie topped with creamy mash potatoes	Ratatoullie served with bulgur
	P,F,C	P,F,C	P,F,C,D	P,F,C,D	C,F
Dessert	Fresh Fruit of the day	Bake of the Day	Warm Stewed Apples	Fresh Fruit of the day	Semolina with blended raisins
mid-afternoon snack	Fresh Milk and/or Water & Fruit Bowl				
TEA					
Main Course	Fresh Mixed Vegetables Noodles	Wholemeal cheese sandwiches, served with cucumber sticks	Red Lentil Daal, served with wholemeal Pitta bread	Savoury Scones	Butterbean, Parsnip & Apple soup, served with garlic bread
	F,C	F,C,D	P,F,C	P,C,D	P,F,C,D
Dessert	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fruit Salad
Late afternoon snack	A choice of: Fresh Fruit and Crackers/Rice cakes/Breadsticks Fresh Milk and/or Water (F,C,D)				

All meals containing meat are also made without meat for Vegetarian/Vegan options

As part of our commitment to offering nutritionally balanced meals, and in line with government guidelines, each meal includes a code indicating its fibre, protein, and carbohydrate content, helping to support a child's daily intake. P - PROTIEN, F - FIBER, C - CARBOHYDRATES, D - DAIRY

WEEK 2 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of Cereals & Fruits served with fresh Milk (F,C,D)				
Mid-morning snack	Fresh Milk and/or Water & Fruit Bowl (F,D)				
LUNCH					
Main Course	Macaroni & Cauliflower Cheese	Creamy Vegetable Curry, served with wholegrain basmati rice	Chicken Paella	Jacket Potatoes topped and baked with cheese, served with sweetcorn	Wholemeal Pasta with Tomato, Tuna & Olive
	P,F,C,D	F,C,D	P,F,C	P,F,C,D	P,F,C
Dessert	Fresh Fruit of the day	Bake of the Day	Banana Halves	Rice Pudding	Fruit Salad
mid-afternoon snack	Fresh Milk and/or Water & Fruit Bowl				
TEA					
Main Course	Tomato & Roast Pepper Soup, served with wholemeal bread	Cheesy Crumpets	Nut-Free Pesto, served with wholemeal Pasta	Vegetable Ragu, served with giant couscous	Red Lentil & Carrot soup, served with wholemeal bread
	F,C	P,C,D	F,C	F,C	P,C
Dessert	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits
Late afternoon snack	A choice of: Fresh Fruit and Crackers/Rice cakes/Breadsticks Fresh Milk and/or Water (F,C,D)				

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WEEK 3 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of Cereals & Fruits served with fresh Milk (F,C,D)				
Mid-morning snack	Fresh Milk and/or Water & Fruit Bowl (F,D)				
LUNCH					
Main Course	Keema Biryani	Wholemeal Penne Pomodoro, served with mushrooms	Red Lentil Cottage Pie	Creamy Salmon & Spinach tagliatelle	Butterbean Stew, served with couscous
	P,C	F,C	P,C	P,F,C,D	P,F,C
Dessert	Fresh Fruit of the day	Bake of the Day	Apple Slices	Banana Custard	Fruit Salad
mid-afternoon snack	Fresh Milk and/or Water & Fruit Bowl				
TEA					
Main Course	Pumpkin Soup, served with wholemeal bread	Wholemeal Cheese Toastie, served with cucumbers	Cauliflower & Parsnip Soup, served with wholemeal bread	Cannelini beans dip, served with pitta bread and crudités	Puff Pastry Pizza Wheels
	F,C,D	P,F,C,D	F,C,D	P,F,C	P,C,D
Dessert	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits	Fresh Fruits
Late afternoon snack	A choice of: Fresh Fruit and Crackers/Rice cakes/Breadsticks Fresh Milk and/or Water (F,C,D)				

All meals containing meat are also made without meat for Vegetarian/Vegan options

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WEEK 1 – UNDER 1'S MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast & Mid-morning snack	Weetabix or Baby Porridge &/or scheduled milk (F,C,D)				
LUNCH					
Main Course	Lightly spiced mashed chickpeas, served with wholegrain rice	Wholemeal Spaghetti mixed together with mince bolognese	Steamed spinach and cheddar cheese pasta 'lasagne' (separated)	Fish Pie topped with creamy mash potatoes	Roasted Vegetables in a light tomato sauce, blended with bulgur
	P,F,C	P,F,C	P,F,C,D	P,C,D	C,F
Dessert	Mashed Bananas	Bake of the Day	stewed Apples	Semolina with blended raisins	Softened Fruit Salad
mid-afternoon snack	Fresh Milk and/or Water & Fruit Bowl				
TEA					
Main Course	Noodles with steamed broccoli	Cheese with bread and butter slices, and cucumber sticks	Lightly curried Red Lentil blend, served with pitta strips	Market fresh vegetables soup, served with wholemeal bread strips	Butterbean, Parsnip & Apple soup, served with soft garlic bread strips
	F,C	F,C,D	P,F,C	F,C,D	P,F,C,D
Dessert	Blended/Finger Fruits	Blended/Finger Fruits	Blended/Finger Fruits	Blended/Finger Fruits	Blended/Finger Fruits
Snacks at 10am, 2pm & 5pm	Fruit Puree, Finger Snacks & Scheduled Milk (F,C,D)				

All meals are blended and prepared according to each child's weaning stage and preferences.

Meals are sliced or chopped in line with NHS guidelines to support safe and healthy eating.

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WEEK 2 – UNDER 1'S MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast & Mid-morning snack	Weetabix or Baby Porridge &/or scheduled milk (F,C,D)				
LUNCH					
Main Course	Macaroni & Cauliflower Cheese	Lightly spiced creamy vegetable curry, served with wholegrain basmati rice	Baked chicken pieces mixed with paella rice and peas	Skinless Potatoes topped and baked with cheese, served with sweetcorn	Wholemeal pasta with Tomato & Tuna
	P,F,C,D	F,C,D	P,F,C	P,F,C,D	P,F,C
Dessert	Stewed Berries	Bake of the Day	Banana strips	Rice Pudding	Blended Fruit Salad
mid-afternoon snack	Fresh Milk and/or Water & Fruit Bowl				
TEA					
Main Course	Tomato & Roast Pepper Soup, served with wholemeal bread strips	Root Vegetable Fingers	Nut-Free pesto served with wholemeal pasta	Vegetable Ragu, served with giant couscous blend	Red Lentil & Carrot soup, served with wholemeal bread strips
	F,C	P,F	F,C	F,C	P,C
Dessert	Blended/Finger Fruits	Blended/Finger Fruits	Blended/Finger Fruits	Blended/Finger Fruits	Blended/Finger Fruits
Snacks at 10am, 2pm & 5pm	Fruit Puree, Finger Snacks & Scheduled Milk (F,C,D)				

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WEEK 3 – UNDER 1'S MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast & Mid-morning snack	Weetabix or Baby Porridge &/or scheduled milk (F,C,D)				
LUNCH					
Main Course	Lightly spiced mince mixed together with basmati rice	Wholemeal Penne in a light tomato sauce	Red Lentil Cottage Pie	Creamy Salmon & Spinach mixed with wholemeal pasta	Butterbean Stew, blended with couscous
	P,C	F,C	P,C	P,F,C,D	P,F,C
Dessert	Stewed apples	Bake of the Day	Pureed Pineapple	Banana Custard	Fruit Salad
mid-afternoon snack	Fresh Milk and/or Water & Fruit Bowl				
TEA					
Main Course	Pumpkin Soup, served with wholemeal bread strips	Wholemeal Cheese Toastie strips, served with sliced cucumbers	Cauliflower & Parsnip Soup	Cannelini beans dip, served with mixed finger veggies	Puff Pastry pizza fingers
	F,C,D	P,F,C,D	F,C,D	P,F,C	P,C,D
Dessert	Blended/Finger Fruits	Blended/Finger Fruits	Blended/Finger Fruits	Blended/Finger Fruits	Blended/Finger Fruits
Snacks at 10am, 2pm & 5pm	Fruit Puree, Finger Snacks & Scheduled Milk (F,C,D)				

All meals are blended and prepared according to each child's weaning stage and preferences.

Meals are sliced or chopped in line with NHS guidelines to support safe and healthy eating.

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