

Winter Menu - Week 1



Served Weeks Commencing: 29/11/21 20/12/21 17/1/22 7/2/22 28/2/22

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA
Snack	Rich Tea Biscuit and Raisins G	Fruit Selection	Breadsticks and Chive Dip G E DA	Fruit Selection	Toasted Muffins G SY
Lunch	Mixed Bean and Vegetable Cassoulet with Rice	Creamy Chicken and Leek Pie with a Pastry Top, New Potatoes and Green Beans DA G	Minced Beef Cobbler with Broccoli and Cauliflower DA G	Tomato and Pepper Spaghetti Bake with Cheesy Garlic Bread DA G	Sausage Plait, Mash and Peas G SU
Pudding	Angel Whip and Banana DA	Winter Berries and Natural Yoghurt DA	Chocolate Sponge and Chocolate Sauce DA G	Snowflake Shaped Iced Biscuit G	Lemon Meringue Pie E G
Snack	Fruit Selection	Cinnamon Bagel G	Fruit Selection	Banana Loaf DA G	Fruit Selection
Tea	Ham Wraps with Vegetable Sticks and Crisps G	Fruit Scones with Jam DA G	Cheese Toasties with Cherry Tomatoes DA G	Mini Burgers with Onions G	Beans on Toast G



Children will be helping with the food preparation.

Special Dietary requirements will be taken in consideration and catered for on an individual basis.

G - Gluten F - Fish N - Nuts PN - Peanuts SY - Soya DA - Dairy CE - Celery MU - Mustard SE - Sesame SU - Sulphites LU - Lupin SF - Shell Fish (crustaceans) M - molluscs E - Egg

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Breakfast	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA
Lunch 4-6 Months Puree / Finger Food	Sweet Potato	Carrot and Broccoli	Parsnip and Peas	Butternut Squash	Swede and Spinach
Lunch 7-9 Months Textured / Finger Food	Rice and Mixed Beans	Green Beans and Potato in Creamy Sauce DA	Broccoli, Cauliflower and Dumpling G	Cheese and Tomato Spa- ghetti G DA	Mashed Potato, Peas and Sweetcorn
Lunch 10-12 Months Mashed / Using Cutlery	Mixed Bean and Vegetable Cassoulet with Rice	Creamy Chicken and Leek Pie with a Pastry Top, New Potatoes and Green Beans DA G	Minced Beef Cobbler with Broccoli and Cauliflower G DA SY	Tomato and Pepper Spa- ghetti Bake with Cheesy Garlic Bread G DA	Sausage Plait, Mash and Peas SU G
Tea 4-6 Months Puree / Finger Food	Apple and Pear	Mango	Banana and Strawberry	Apple and Blueberry	,Pear and Raspberry
Tea 7-9 Months Textured / Finger Food	Tortilla Wraps and Vegeta- ble Sticks G	Fruit Scone with Butter DA G	Cheese Sandwich with Cherry Tomatoes DA G	Creamy Sweet Potato DA	Beans On Toast G
Tea 10-12 Months Mashed / Using Cutlery	Ham Wraps with Vegetable Sticks and Crisps DA G E	Fruit Scones with Jam DA G	Cheese Toasties with Cher- ry Tomatoes DA G	Mini Burgers with Onions G	Beans on Toast G

We understand that every baby is individual and will be at different stages of the weaning process, not always following the stage for their age. Therefore we will liaise with parents to ensure we are meeting the dietary needs of each baby in the same way they are being met at home, whether this be Baby Led Weaning or Spoon Led Weaning.

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Winter Menu - Week 2



Served Weeks Commencing: 6/12/21 3/1/22 24/1/22 14/2/22

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals Wholemeal Toast	Choice of Cereals Wholemeal Toast	Choice of Cereals Wholemeal Toast	Choice of Cereals Wholemeal Toast	Choice of Cereals Wholemeal Toast
Snack	Digestive Biscuit and Raisins G	Fruit Selection	Crackers and Dairylea D G	Fruit Selection	Toasted Bagel and Cream Cheese
Lunch	Quorn Bolognese and Mixed Vegetables DA G E	Pork Curry with Rice and Naan DA G	Vegetable Stir Fry	Roast Chicken and Trimmings DA G E	Homemade Fish Goujons, Wedges and Baked Beans F G DA E
Pudding	Fromage Frais DA	Sticky Toffee Pudding and Ice Cream DA G	Banana Split DA	Apple and Blackberry Crumble and Custard DA G	Iced Cinnamon Cookie G DA
Snack	Fruit Selection	Jam on Toast G	Fruit Selection	Cheese Cubes and Breadsticks DA G	Fruit Selection
Tea	Selection of Sandwiches with Cucumber Sticks G DA E	Pork and Apple Sausage Rolls G SU	Fish Fingers and Spaghetti Hoops	Scrambled Egg on Toast E G	Homemade Tomato Soup and Bread Rolls G



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Weaning Winter Menu - Week 2



Served Weeks Commencing: 6/12/21 3/1/22 24/1/22 14/2/22

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA
Lunch 4-6 Months Puree / Finger Food	Parsnip and Peas	Butternut Squash	Sweet Potato and Kale	Broccoli and Cauliflower	Carrot and Swede
Lunch 7-9 Months Textured / Finger Food	Tomato Pasta and Mixed Vegetables G	Vegetable Curry with Rice G	Noodles and Broccoli in a Creamy Sauce G DA	Boiled Potatoes, Carrots and Peas	Cheesy Beans and Bread Fingers DA G
Lunch 10-12 Months Mashed / Using Cutlery	Quorn Bolognese and Mixed Vegetables E G DA	Pork Curry with Rice and Naan G DA	Vegetable Stir Fry	Roast Chicken and Trimmings G DA E	Homemade Fish Goujons, Wedges and Baked Beans G F DA E
Tea 4-6 Months Puree / Finger Food	Pear and Plum	Mango and Pineapple	Apple	Banana	Strawberry and Blueberry
Tea 7-9 Months Textured / Finger Food	Selection of Sandwiches with Cucumber Sicks G DA E	Cheese Straws and Carrot Sticks G DA	Spaghetti Hoops and Fish Fingers G	Scrambled Egg on Toast E G	Homemade Tomato Soup G
Tea 10-12 Months Mashed / Using Cutlery	Selection of Sandwiches with Cucumber Sticks G DA E	Pork and Apple Sausage Rolls G SU	Fish Fingers and Spaghetti Hoops F G	Scrambled Egg on Toast E G	Homemade Tomato Soup and Bread Rolls G

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Winter Menu - Week 3



Served Weeks Commencing: 13/12/21 10/1/22 31/1/22 21/2/22

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA
Snack	Rich Tea Biscuit and Raisins G	Fruit Selection	Crackers and Dairylea G DA	Fruit Selection	Toasted Muffins G SY
Lunch	Vegetable Pasta Bake in a Creamy Sauce DA G	Toad in the Hole, Roast Potatoes and Carrots and Parsnip E DA G SU	Beef and Mixed Bean Chilli with Rice and Crispy Tortillas G	Jacket Potato with Cheese and Beans DA	Pork and Vegetable Pie with a Mash Potato top and Peas G DA
Pudding	Peach Melba DA	Ginger Sponge G E	Chocolate Trifle DA G E	Natural Yoghurt and Honey DA	Cornflake Tart and Custard DA G
Snack	Fruit Selection	Vegetable Sticks and Chive Dip DA E	Fruit Selection	Cheese Cubes and Breadsticks DA G	Fruit Selection
Tea	Filled Rolls with Carrot Sticks DA G E	Toasted Teacakes G DA	Cheesy Pasta G DA	Potato Waffles and Beans	Pizza Baguettes G DA



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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA	Choice of Cereals Wholemeal Toast G DA
Lunch 4-6 Months Puree / Finger Food	Carrot and Swede	Broccoli and Kale	Parsnip and Spinach	Sweet Potato and Peas	Butternut Squash
Lunch 7-9 Months Textured / Finger Food	Creamy Vegetables DA	Yorkshire Pudding, Carrots, Parsnip and Potatoes G DA E	Beef and Mixed Bean Chilli with Rice	Jacket Potato, Cheese and Beans DA	Vegetable Pie with a Mash Potato Top G DA
Lunch 10-12 Months Mashed / Using Cutlery	Vegetable Pasta Bake in a Creamy Sauce DA G	Toad in the Hole, Roast Potatoes and Carrots and Parsnip G DA E SU	Beef and Mixed Bean Chilli with Rice and Crispy Tortillas G	Jacket Potato with Cheese and Beans D	Pork and Vegetable Pie with a Mash Potato top and Peas G DA
Tea 4-6 Months Puree / Finger Food	Banana and Blueberry	Apple and Strawberry	Pear and Peach	Mango	Banana and Apple
Tea 7-9 Months Textured / Finger Food	Filled Rolls with Carrot Sticks DA G E	Toasted Teacakes G DA	Cheesy Pasta DA G	Potato Waffle and Beans	Softly baked Pizza Baguettes G DA
Tea 10-12 Months Mashed / Using Cutlery	Filled Rolls with Carrot Sticks G DA E	Toasted Teacakes G DA	Cheesy Pasta G DA	Potato Waffles and Beans	Pizza Baguettes G DA

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