

All our meals are freshly made

	Breakfast	Snack am	Lunch		Snack pm	Afternoon tea
Monday	<p><i>Just start your day</i></p> <p>A selection of low sugar & salt cereals, rice krispies, corn flakes, shredded wheat, Weetabix, porridge and overnight oats also toast with 50/50 bread, fresh fruit & plain yoghurt</p>	Banana	<p>Sausage toad in the hole with gravy</p> <p>Steamed potato and cabbage</p> <p>Oat cookies</p>	Monday	Vegetable crudités with hummus	<p>Selection of sandwich fingers</p> <p>Diced mango</p>
Tuesday		Easy peelers	<p>Butter chicken</p> <p>Chickpea and pepper tagine</p> <p>Basmati rice and carrots</p> <p>Carrot cake</p>	Tuesday	Rice cakes with soft cheese & pineapple slices	<p>Tomato soup with croutons</p> <p>Muesli with banana</p>
Wednesday		Honey melon	<p>Roast gammon</p> <p>Roasted vegetable loaf</p> <p>Roast potato and peas</p> <p>Apple crumble with custard</p>	Wednesday	Veggie sticks with beetroot dip	<p>Baked beans and toast</p> <p>Fruit salad</p>
Thursday		Apple	<p>Jacket potatoes</p> <p>Cheese and beans</p> <p>Quorn chilli</p> <p>Blueberry muffin sponge</p>	Thursday	Fresh made popcorn & sliced orange	<p>Red pepper hummus with breadsticks</p> <p>Berry smoothie</p>
Friday		Water melon	<p>Ham and sweetcorn pizza</p> <p>Margarita pizza</p> <p>Chips</p> <p>Baked beans</p> <p>Rocky road</p>	Friday	Apple wedges & wowbutter	<p>Cheese straws</p> <p>Cheese and onion mayo</p> <p>Fruit yoghurt</p>
	Whole milk/water	Milk	Water		Whole milk/Water	Water

Finger foods like soft vegetables and bread are given in addition. Your key person will love to hear how weaning is going at home so we can work together

- Vegetarian options are highlighted in green
- All dishes are adapted for individual dietary requirements as necessary
- None of our dishes contain GM ingredients, artificial sweeteners or additives.

Here are some seasonal ingredients that are popular in this season.

Apple, apricot, aubergine, beetroot, butternut, cabbage, celeriac, courgette, cucumber, fennel, fig, French beans, lamb, mackerel, pears, peppers, raspberries, radish, sardines, sweetcorn, spring onion, tomatoes, watercress



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Tuesday		Gala melon	Quorn shepherd's pie <i>Cheese and onion pastry roll</i> Bubble and squeak Carrots <i>Syrup sponge with custard</i>	Tuesday	Wholemeal toast with beans	Broccoli soup with croutons <i>Fruit salad</i>
Wednesday		Plums	Roast turkey <i>Bean burgers</i> Roast potatoes Cabbage & gravy <i>Cherry crumble cake</i>	Wednesday	Vegetable crudité's with cream cheese	Cheese and onion sausage rolls <i>Banana Smoothie</i>
Thursday		Easy peeler	Pasta bolognese <i>Spinach and cream cheese lasagne</i> Focaccia <i>Chocolate brownie</i>	Thursday	Filled mini croissants	Sweetcorn fritters with red pepper dip <i>Melon slices</i>
Friday		Water melon	Cheese, tuna and sweetcorn pasta bake <i>Cauliflower cheese</i> Garlic bread Baked beans <i>Banana and ginger cake</i>	Friday	Cracker bread with butter & diced tomato	Ham (<i>Spinach</i>) English muffin pizza <i>Pancakes with banana</i>
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Tuesday		Pineapple	<p>Macaroni cheese</p> <p>Quorn and white bean stuffed pancakes</p> <p>Sweetcorn</p> <p>Waffles and maple syrup</p>	Tuesday	Rice cakes with butter and grated cheese	<p>Vegetable frittata</p> <p>Grapes</p>
Wednesday		Pears	<p>Roast chicken thighs</p> <p>Spinach and cream cheese cannelloni</p> <p>Roast potato and broccoli</p> <p>Sticky toffee pudding</p>	Wednesday	Toasted crumpets with butter & melon chunks	<p>Vegetable soup with croutons</p> <p>Fruit smoothie</p>
Thursday		Easy Peeler	<p>Cumberland sausages</p> <p>Vegetable sausages</p> <p>Potato wedges</p> <p>Baked beans</p> <p>Doughnuts</p>	Thursday	Vegetable crudité's with cream cheese	<p>Mushroom and cheese pastry roll</p> <p>Cherry tomatoes</p>
Friday		Banana	<p>Fish goujons</p> <p>Vegetarian nuggets</p> <p>Chips</p> <p>Baked beans</p> <p>Flapjack</p>	Friday	Mini cheese scones	<p>Beetroot and sweetcorn falafel with cucumber and yoghurt dip</p> <p>Fruit salad</p>
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