

All our meals are freshly made

	Breakfast	Snack am	Lunch		Snack pm	Afternoon tea
Monday		Seasonal fruit platter	Sausage casserole Quorn sausage casserole Creamed potato, cabbage Sugar-free banana cake	Monday	Wholemeal pitta and vegetable crudité with hummus	Selection of sandwich fingers Diced mango
Tuesday	Just start your day	Easy peelers	Chicken and bean burrito Sweet potato and bean burrito Rice, carrots Cherry yoghurt	Tuesday	Rice cakes with soft cheese & pineapple slices	Fresh tomato soup with croutons Overnight oats with sliced banana
Wednesday	A selection of low sugar & salt cereals, Rice Krispies, Corn Flakes, Shredded Wheat, Weetabix, porridge and overnight oats as well as toast with 50/50 bread, fresh fruit & plain yoghurt	Honeydew melon	Roasted turkey Vegetable wellington Roast potato, broccoli Satsuma	Wednesday	Breadsticks with beetroot dip	Homemade baked beans & wholemeal toast Fruit salad
Thursday		Apple & pear	Jacket potatoes with cheese and beans Mild quorn chilli Lime infused mixed melon	Thursday	Oatcake with unsalted butter & sliced orange	Guacamole on baguette crouton Plum halves
Friday		Water melon	Fresh fish fingers Fresh made spring rolls Sweet potato wedges, peas Wild blueberry oat muffin	Friday	Apple & pear wedges and Wowbutter	Cheese straws with cheese and onion mayo Mixed fruit yoghurt
	Whole milk/water	Milk	Water		Whole milk/Water	Water

- Finger foods like soft vegetables and bread are given in addition
- 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
- All of our homemade desserts are 50% less sugar, we use fruit and vegetables as natural sweeteners
- Salad options will be provided every lunch and afternoon tea
- Your key person will love to hear how weaning is going at home so we can work together

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

Cabbage, cauliflower, clementine, forced rhubarb, Jerusalem artichoke, kale, leeks, mutton, parsnips, pomegranate, radicchio, satsuma, spring onion and swede

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Tuesday		Pink grapefruit	<p>Chicken and mushroom pasta</p> <p>Tomato and vegetable pasta</p> <p>Carrots, green beans</p> <p>fromage frais</p>	Tuesday	Cracker bread and dairy free spread with diced tomato dip	<p>Sweetcorn fritters with red pepper dip</p> <p>Honey flapjack</p>
Wednesday		Plums	<p>Roast pork loin</p> <p>Vegetable pasty</p> <p>Roast potatoes, cabbage and gravy</p> <p>Mango rice pudding</p>	Wednesday	Breadsticks and vegetable crudités with cream cheese	<p>Wholemeal toast with homemade baked beans</p> <p>Apricot puree yogurt pots</p>
Thursday		Seasonal fruit platter	<p>Beef lasagne</p> <p>Vegetable moussaka</p> <p>Garlic ciabatta bites</p> <p>Salad bites</p> <p>Poached pears with no sugar raspberry sauce</p>	Thursday	Filled mini croissants: Cheese Turkey & cheese	<p>Vegetable soup with croutons</p> <p>Honeydew melon slices</p>
Friday		Watermelon	<p>Fresh cod goujons</p> <p>Creamy vegetable Kiev</p> <p>Croquette potatoes, sweetcorn</p> <p>Sugar-free wholemeal apple & parsnip cake</p>	Friday	Toasted tea cakes with sugar reduced jam	<p>Mini sausage rolls</p> <p>Mini veggie sausage rolls</p> <p>Berries</p>
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Tuesday		Pineapple	<p>Mozzarella and ratatouille bake</p> <p>Garlic focaccia</p> <p>Salad bites</p> <p>Sliced peach & yoghurt</p>	Tuesday	Rice cakes with butter and grated cheese	<p>Vegetable frittata</p> <p>¼ cut grapes</p>
Wednesday		Pears	<p>Roast chicken thighs</p> <p>Cheese and onion tart</p> <p>Roast potato, broccoli</p> <p>Satsuma segments</p>	Wednesday	Fresh cheese scones and cherry tomatoes	<p>Sweetcorn chowder</p> <p>Pineapple & watermelon sticks</p>
Thursday		Seasonal fruit platter	<p>Sausage and cheese plait</p> <p>Veggie sausage toad-in-the-hole</p> <p>Mashed potato</p> <p>Homemade baked beans</p> <p>Sliced banana & fruit custard</p>	Thursday	Vegetable crudités and pear wedges with cream cheese	<p>Pretzel with vegetarian spread</p> <p>Kiwi fruit</p>
Friday		Banana	<p>Chicken goujons</p> <p>Vegetarian chilli dog</p> <p>Baked potato wedges, peas</p> <p>Courgette & carrot cake</p>	Friday	Toasted crumpets with butter & melon chunks	<p>Mini zucchini pizza</p> <p>Sliced peaches</p>

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