



# Lunch



All our meals are freshly made onsite!

## SPRING MENU 1

# afternoon tea



marks the dishes children can help with!

	Snack AM	Lunch, served with seasonal veg		Snack PM	Afternoon tea
Monday		Spaghetti (Quorn) bolognese — — — — Melon medley ✂		Oat cake with butter & sliced pear ✂	Jacket potatoes with homemade baked beans — — — — Oranges slices ✂
Tuesday		Butternut squash, coconut & chickpea curry served with steamed rice — — — — Yoghurt & mango compote		Cream crackers with butter & carrot sticks ✂	Vegetable and bean fajitas & grated cheese — — — — Sliced apples ✂
Wednesday	A selection of cereal, toast and fruit will be available	Creamy fish (beany vegetable) pie with sweet potato topping — — — — Yoghurt and berry compote		Rice cakes with hummus & cucumber sticks ✂	Broccoli soup served with soda bread — — — — Cheese and pineapple ✂
Thursday		Sweet & sour pork (tofu) noodles — — — — Sliced pears ✂		Fresh carrot & thyme bread with butter & orange ✂	Tomato, spinach & sardine pasta served with peas — — — — Blueberry cake ✂
Friday		Spring vegetable & lentil casserole served with baby potatoes — — — — Yoghurt with pear puree		Breadsticks with soft cheese & pepper sticks ✂	Roasted vegetable and mozzarella pitta pizza served with sweetcorn — — — — Bananas ✂
	Milk / water	Water		Milk / water	Water

Weaning babies will be offered simple purees using the fresh vegetables used in the main dish. As babies become used to flavours and textures, they will progress to more complex dishes. 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.
- All of the dishes on our menus have been accredited by the Soil Association.

## spring

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

- Asparagus
- Blueberries
- Broccoli
- Carrots
- Courgettes
- Lamb
- Lettuce
- New potatoes
- Rhubarb
- Runner beans
- Spinach
- Spring onions
- Strawberries
- Tomatoes
- Watercress