



Lunch



All our meals are freshly made onsite!

SPRING MENU 2

afternoon tea



marks the dishes children can help with!

	Snack AM	Lunch, served with seasonal veg		Snack PM	Afternoon tea
Monday		Squash, chicken (chickpea) & apricot tagine <i>served with cous cous</i> ----- Yoghurt & fruit puree		Breadsticks & cucumber slices with sour cream dip ✂	Vegetable and bean chilli <i>served with pitta fingers</i> ----- Oranges slices ✂
Tuesday		Creamy tuna (Quorn) & mushroom fusilli ----- Sliced apples ✂		Cheese chunks and sliced pears ✂	Hidden vegetable sausage (veg & bean) rolls <i>served with steamed carrots</i> ----- Melon medley ✂
Wednesday	A selection of cereal, toast and fruit will be available	Beef (butter bean) curry <i>served with rice</i> ----- Yoghurt with peach puree		Rice cakes with butter & cucumber ✂	Chickpea & vegetable bake with a crumble top <i>served with steamed peas</i> ----- Cheese chunks and apple ✂
Thursday		Spring vegetable & lentil cottage pie ----- Fruit salad ✂		Oatcakes with hummus & carrot sticks ✂	Macaroni & cauliflower cheese <i>served with steamed sweetcorn</i> ----- Sliced pears ✂
Friday		Mediterranean pollock with vegetables <i>served with steamed rice</i> ----- Yoghurt with blueberry puree		Olive bread with tzatziki dip ✂	Roasted carrot & red pepper soup <i>served with toasted wholemeal muffin</i> ----- Fruit platter ✂
	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