



Lunch



All our meals are freshly made onsite!



afternoon tea



marks the dishes children can help with!

	Snack AM	Lunch, served with seasonal veg		Snack PM	Afternoon tea
Monday		Broccoli pesto penne — — — Sliced pears ✂		Crackerbread with soft cheese & pepper sticks ✂	Leek & potato soup served with toasted muffins — — — — — Oranges slices ✂
Tuesday		Beef (kidney beans) & vegetable stew — — — — — Yoghurt & mixed berry puree		Rice cakes with butter & sugar snap peas ✂	Baked tuna (green lentil) vegetable and tomato rice served with sweetcorn — — — — — Pineapple chunks ✂
Wednesday	A selection of cereal, toast and fruit will be available	Pork (Quorn) sausages served with steamed carrots, peas & broad beans, new potatoes & gravy — — — — — Yoghurt and apricot puree		Breadstick with beetroot dip ✂	Toasted pittas served with roasted vegetables & grated cheese — — — — — Lemon & orange cake ✂
Thursday		Chicken (mushroom) & leek pasta bake — — — — — Melon medley ✂		Hummus & vegetable sticks ✂	Jacket potato served with baked beans — — — — — Yoghurt and fruit puree
Friday		Cauli & lentil Boli served with spaghetti — — — — — Banana ✂		Cream crackers with bean pate ✂	Sandwiches with soft cheese & chive / ham (Quorn) served with vegetable sticks — — — — — 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