



# Lunch



All our meals are freshly made onsite!

## SPRING MENU 4

# afternoon tea



marks the dishes children can help with!

	Snack AM	Lunch, served with seasonal veg		Snack PM	Afternoon tea
Monday		Malaysian coconut fish curry <i>served with infused rice</i> Fruit salad ✂		Cheese chunks & apple slices ✂	Creamy courgette, pepper & sweetcorn pasta bake <i>served with steamed carrots</i> Yoghurt with berries ✂
Tuesday		Beef (mixed bean) & vegetable hotpot Orange slices ✂		Rice cakes with butter & carrot sticks ✂	Wholemeal sandwiches with egg mayonnaise / spinach & cream cheese <i>served with cucumber sticks</i> Pear slices ✂
Wednesday	A selection of cereal, toast and fruit will be available	Creamy chicken (Quorn) courgette & broad bean tagliatelle Melon medley ✂		Vegetable sticks with a green pea dip ✂	Muffin pizzas with tomato, mozzarella & basil puree, pineapple & mushroom <i>served with sweetcorn</i> Yoghurt with peach puree ✂
Thursday		Sweet potato & white bean casserole <i>served with herby cous cous</i> Pineapple chunks		Homemade beetroot bread with butter & sliced pears ✂	Vegetable soup <i>served with wholemeal bread</i> Rhubarb and ginger cake ✂
Friday		Pork (bean) & vegetable loaf <i>served with tomato &amp; sage gravy, new potatoes</i> Yoghurt with mango puree		Cream crackers with soft cheese & grapes ✂	Veggie chilli with pittas <i>served with sour cream &amp; cucumber</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