

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 730-830	Cereals (no sugar) Mashed banana on wholemeal toast	Cereals Weetabix, porridge, cornflakes	Cereals Weetabix, porridge, cornflakes	Cereals Fruit salad	Cereals Weetabix, porridge, cornflakes
<b>DINNER</b> 11.30 am OR 12.00 noon Food in baby served in line with baby's routine	Roast beef Yorkshire pud Colcannon mash, and steamed broccoli and carrots	Ham sweet corn and red onion quiche served with mashed swede and potato Home made baked beans (no sugar no salt)	Pasta swirls with salmon and fresh steamed savoy cabbage with sweetcorn in a creamy white sauce served with French bread	Steamed Cauliflower and red bean mornay served with steamed fresh new potatoes and peas	Chicken, sweetcorn and steamed carrots with a Home made barbecue sauce with freshly baked tomato bread
DESSERT	Beetroot and chocolate Cake	Banana and custard	Carrot and pineapple cake with cream cheese and fresh lemon frosting	Home-made Rice pudding with peaches	Stewed apple and fresh cream
<b>TEA</b> 3.30 PM OR 4.00 PM STARTER	Water melon, green beans and cheese with olive oil and lemon dressing	Fresh melon balls	Ham and cream cheese layer triangles	Bruschetta with home made pineapple salsa	Ham wrapped dates with water cress
MAIN	Bridge rolls with ham and chutney, egg and cress fillings	Home made tuna pâté (tuna, cream cheese, butter, fresh lemon and chives) with selection of crackers	Home made tomato, basil and fresh cream cheese soup served with home made bread	Jacket potato with home made chicken curry (chicken, peas,peppers, sultanas, apple, carrots)	Home Made vegetable curry risotto, swede, carrot, butternut squash, peas, onion
DESSERT	Home made Banana, oat and raspberry smoothie ice lolly	Home made fresh warm popcorn	Fresh pear and mandarins	Fruit fromage frais	Chocolate Courgette Cake

Vegetarian alternatives will include Fresh vegetables, Quorn, Tofu, pulses, or Soya mince as appropriate Individual water cups are available in all rooms at all times and these are checked and monitored to ensure children are drinking sufficiently during the day.

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SNACK AM</b> 9.30 AM OR 10.00 AM	Milk Or water Crackers with cream cheese and pineapple	Milk or water Fresh fruit	Milk or water Wholemeal toast fingers with apple	Milk or water Home-made flap jack	Milk or water Paprika potato wedges with cheese and chive dip
<b>SNACK PM</b> 1.30 PM OR 2.00 PM	Milk or water Fresh Fruit	Milk or water Chickpea and cheese dip with breadsticks	Milk or water Cheese scone with sliced pear	Milk or water Muffins with cheese spread cherry tomatoes	Milk or water Fresh fruit

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 730-830	Cereals Weetabix, porridge, cornflakes	Cereals (no sugar) Mashed banana on wholemeal toast	Cereals Fruit salad	Cereals Weetabix, porridge, cornflakes	Cereals Weetabix, porridge, cornflakes
<b>DINNER</b> 11.30 am 12.00 noon Food in baby room is served in line with baby's routine	Home Made Lamb Beans, chickpea and red/green Pepper chilli served with steamed rice	Home made Polish potato and sausage hotpot (potato, sausage, onion, peppers, garlic, carrots, peas and home made onion sauce) Served with Red cabbage	Home Made Greek Pastitsio (layers of macaroni and lamb cooked in tomato, garlic, onions and carrots, finished with a cheese sauce and served with steamed curly kale	Home Made Red onion and cheddar Quiche with cheese sauce, fruity cous cous and peas	Fusilli with broccoli carrots and sweet corn in a home-made sweet and sour sauce
DESSERT	Carrot and sultana cake	Rice pudding	Fromage fraise	Eton mess (strawberry, meringue and cream)	Home made fruit trifle
<b>TEA</b> <b>3.30 PM OR</b> <b>4.00 PM</b> <b>STARTER</b>	Melon and pear salad	Manderin and green beans	Home made Garlic bread	Sausage, pear and Kos lettuce salad	Tomato, basil and lentil soup
MAIN	Vol-au-vent with home made mushroom, sweetcorn and onion sauce	Sandwiches – Granary and brown Ham and tomato, chicken and cucumber with salad cream	Home made minestrone soup (Carrots, celery, potatoes, peas, courgettes, tomatoes, olive oil, spaghetti, garlic, oregano)	Savoury Rice with Fresh carrots, peas, sweetcorn	Jacket potato with home made chicken curry (chicken, peppers, sultanas, apple, peas, carrots)
DESSERT	Stewed apple and custard	Chocolate Courgette Cake	Fresh squeezed orange and yoghurt lolly	Fresh Banana	Krispie cakes

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DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK AM 9.30 AM OR 10.00 AM	Milk or water Paprika potato wedges with cheese and chive dip	Milk or water Apple chunks and mandarin	Milk or water Cream cheese and pineapple with Crackers	Milk or water Fresh fruit	Milk or water Sardine sandwich Sliced grapes
SNACK PM 1.30 PM OR 2.00 PM	Milk or water Wholemeal toast fingers with apple	Milk or water Muffins with cheese spread cherry tomatoes	Milk or water Pitta bread with marmite sliced pear	Milk or water Chickpea and cheese dip and breadsticks	Milk or water Fresh fruit

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 730-830	Cereals Weetabix, porridge, cornflakes	Cereals (no sugar) Mashed banana on wholemeal toast	Cereals Weetabix, porridge, cornflakes	Cereals Weetabix, porridge, cornflakes	Cereals Fruit salad
<b>DINNER</b> 11.30 am OR 12.00 noon Food in baby room is served in line with baby's routine	Roast Gammon Steamed new potatoes, and steamed Fresh carrots and plum tomatoes	Lamb and tomato hotpot (carrots, onions, cabbage, garlic and peas) served with cous cous	sausage courgette kebab served with steamed rice with fresh peppers and peas with home made pineapple salsa – (tinned pineapple crushed, red onion and sweet corn) Cheese dip	Spaghetti bolognaise with steamed carrots	Roast pork, carrots and swede, roast potatoes, gravy
DESSERT	Parsnip and apple cake served with custard	Fromage fraise	Jelly and ice cream	Beetroot and ginger cake	Semolina
<b>TEA</b> <b>3.30 PM OR</b> <b>4.00 PM</b> STARTER	Welsh rarebit	home-,made fruity potato salad with toasted French bread	Brushetta with cream cheese and herb topped with home made tomato, olive oil and fresh garlic sauce	Melon and mandarin	Home made carrot and lentil soup
MAIN	Home made salmon pâté (salmon, cream cheese, butter, fresh lemon and chives) with rice cakes	Mild cheddar cheese with fig chutney on dutch crackers	Home made chicken goujons served with broad beans cooked in tomato, onion and oregano sauce	Salmon and cucumber sandwiches Potato salad	Home made potato wedges with bolognaise
DESSERT	Lychee and mint ice cream	Home made fresh orange mousse	Fromage fraise	Home made Banana, oat and vanilla yoghurt drink	Chocolate Courgette Cake

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children are drinking sufficiently during the day.

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK AM 9.30 AM OR 10.00 AM	Milk or water Cheese scone with sliced pear	Milk or water Apple chunks and mandarin	Milk or water Fresh fruit	Milk or water Cream cheese and pineapple with Crackers	Milk or water Sardine sandwich Sliced grapes
SNACK PM 1.30 PM OR 2.00 PM	Milk or water Wholemeal toast fingers with apple	Milk or water Paprika potato wedges with cheese/chive dip	Milk or water Muffins with mashed banana	Milk or water Sardine sandwich Sliced grapes	Milk or water Banana and yoghurt