



















MENU WEEK 1

DAY	SNACK	LUNCH	TEA
MONDAY 	Breadsticks/crackers/rice cakes	Fishfingers (100% cod) served with new potatoes, peas and carrots Piece of fruit - melon	Selection of ham sandwiches on wholemeal bread served with salad
TUESDAY 	Piece of fruit - pear	Home made potato and leek soup and wholemeal roll Apple crumble and custard with crunchy oat topping	Beans on toast
WEDNESDAY 	Selection of dried fruit	Sausage with mashed potatoes and gravy served with mashed carrot and swede. Fruit yoghurt	Wholemeal pitta bread pockets with chicken and cucumber filling
THURSDAY 	Carrot/cucumber sticks	Mediterranean chicken casserole with tomatoes and peppers served with savoury cous cous Peaches and vanilla ice cream	Selection of crackers with cheese cubes and apple slices
FRIDAY 	Wholemeal biscuit	Pasta Napolitano, sweetcorn and courgettes with crunchy cheese topping Banana and custard	Kids homemade wraps with savoury filling and crudités
BABIES 	We will provide a range of purees for babies that are weaning, starting with vegetables and adding chicken and fish when parents wish to. When ready, the babies can move on to roughly chopped versions of the main menu. Please talk to the baby room staff when you feel your child is ready for the next stage of weaning		
SPECIAL REQUIREMENTS	Our main menu can be adapted for vegetarians and any other special dietary requirements.		

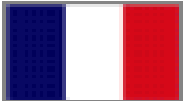





WEEK 2

DAY	SNACK	LUNCH	TEA
MONDAY 	Wholemeal biscuit	Home made vegetable soup with wholemeal roll Rice pudding	Chipolata sausages in a bread roll with side salad
TUESDAY 	Breadsticks/crackers/rice cakes	Tuna and pasta bake with broccoli and sweetcorn Seasonal fruit orange	Selection of ham sandwiches on wholemeal bread served with salad
WEDNESDAY 	Piece of fruit	Sweet potato country shepherds pie with carrots and green beans Fruit yoghurt	Cheese and tomato pizza with carrot and cucumber
THURSDAY 	Selection of dried fruit	Jacket potato with a variety of fillings and salad Peaches with ice cream	Scones and butter with fruit salad
FRIDAY 	Carrot/cucumber sticks	Traditional Lancashire hotpot with leeks, carrots and peas. Sugar free jelly with added fruit	Tomato soup with a bread roll
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SPECIAL REQUIREMENTS	Our main menu can be adapted for vegetarians and any other special dietary requirements.		

WEEK 3

DAY	SNACK	LUNCH	TEA
MONDAY 	Fromage frais	Mild vegetable curry served with wholemeal rice, naan bread and poppadoms Fruit salad	Cheese & tomato pizza with salad
TUESDAY 	Dried fruit	French style vegetable and sausage casserole with flageolet beans and pasta Fruit yoghurt	Selection of crackers with cheese cubes and sliced apple
WEDNESDAY 	Breadsticks/crackers/rice cakes	Fish and broccoli pie with mashed potatoes and peas Seasonal fruit melon	Selection of ham sandwiches on wholemeal bread with salad
THURSDAY 	Seasonal fruit oranges	Spaghetti bolognaise with grated carrots and extra tomatoes Banana and custard	Cheese on toast and salad
FRIDAY 	Wholemeal biscuits	Roast chicken with potatoes, mashed carrot and swede and green beans Fruit yoghurt	Beans on toast Dried fruit
BABIES 	We will provide a range of purees for babies that are weaning, starting with vegetables and adding chicken and fish when parents wish to. When ready, the babies can move on to roughly chopped versions of the main menu. Please talk to the baby room staff when you feel your child is ready for the next stage of weaning		
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WEEK 4

DAY	SNACK	LUNCH	TEA
MONDAY 	Piece of fruit – apple	Cheese quiche with potatoes, sweetcorn and peas Peaches and ice cream	Tomato soup and bread roll
TUESDAY 	Wholemeal biscuits	Sweet and sour chicken with seasonal vegetables and rice Sugar free jelly with added fruit	Cheese and tomato pizza with salad
WEDNESDAY 	Fromage frais	Jacket potatoes with a variety of fillings, served with sweetcorn and salad Fruit crumble and custard	Selection of ham sandwiches on wholemeal bread with salad
THURSDAY 	Selection of dried fruit	Breaded fish fillet, potatoes, peas and carrots Rice pudding	Selection of crackers with cheese cubes and apple slices
FRIDAY 	Breadsticks/crackers/rice cakes	Home made lasagne made with extra tomatoes and served with green beans Seasonal fruit	Fruit scones with carrot and cucumber sticks/cherry tomatoes
BABIES 	We will provide a range of purees for babies that are weaning, starting with vegetables and adding chicken and fish when parents wish to. When ready, the babies can move on to roughly chopped versions of the main menu. Please talk to the baby room staff when you feel your child is ready for the next stage of weaning		
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