



LUNCH



ALL OUR MEALS ARE FRESHLY MADE ONSITE!



AFTERNOON TEA



OUR DAIRY IS ALL ORGANIC TOO!

SNACK AM		LUNCH, SERVED WITH SEASONAL VEG		SNACK PM		AFTERNOON TEA	
MONDAY	A selection of cereal, toast and fruit will be available	Creamy tuna (sweetcorn) & leek crumble <i>served with mashed potatoes</i> — — — — — Yoghurt & autumn berry compote			MONDAY	Cream crackers with soft cheese & sliced cucumber	Sandwiches with egg mayonnaise / grated carrot, cheese & mayonnaise <i>served with cucumber sticks & cherry tomatoes</i> — — — Fruit platter
		Sweetcorn & leek					Carrot & parsnip
TUESDAY		Beef (vegetable) & prune stew <i>served with bulger wheat</i> — — — — — Poached pears with chocolate sauce			TUESDAY	Muffins with butter & sliced orange	Mushroom & leek pasta bake — — — Banana loaf
		Carrot & tomato					Sweetcorn & sweet potato
WEDNESDAY		Oven-baked tomato risotto — — — — — Autumn fruit salad			WEDNESDAY	Rice cakes with hummus & grated carrots	Foccacia pizza — — — — — Apples & pears
		Lentil & aubergine					Pepper & courgette
THURSDAY		Kale ‘Mac ‘n Cheese’ — — — — — Cinnamon poached pears			THURSDAY	Bagels with butter & sliced cucumber	Potato wedges <i>served with tomato salsa & sweetcorn dip</i> — — — — — Yoghurt with autumn fruit
		Cauliflower & broccoli					Potato & leek
FRIDAY		White bean & chicken (butternut squash) stew <i>served with mashed potato</i> — — — — — Coconut rice pudding			FRIDAY	Homemade soda bread with butter & sliced tomato	Mini toad in the hole <i>served with carrots & peas</i> — — — — — Autumn fruit platter
		White bean & butternut squash					Broccoli & carrot
Milk / water		Water		Milk / water		Water	

Purees, highlighted in the orange box, are for early weaners. 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.

AUTUMN

Here are some seasonal ingredients that are popular in this season.

- Apricots
 - Aubergine
 - Beef
 - Beetroot
 - Broad beans
 - Broccoli
- Carrots
 - Cod
 - Courgettes
 - Haddock
 - Lamb
 - Lettuce
- New potatoes
 - Onions
 - Spinach
 - Spring onions
 - Strawberries
 - Tomatoes