



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		Spiced vegetable tagine with chickpeas <i>served with infused couscous</i> <hr/> Orange & vanilla custard with stewed apples <hr/> Carrot & courgette	MONDAY	Toasted crumpet with butter & sliced pear	Macaroni cheese <i>served with peas</i> <hr/> Madeira cake <hr/> Butternut squash
TUESDAY		Chicken (mixed beans) casserole with root vegetables <i>served with mashed potato</i> <hr/> Yoghurt with winter berry compote <hr/> Swede & carrot	TUESDAY	Cream crackers with soft cheese & grated carrot	Roasted vegetable toad in the hole <i>served with sweetcorn</i> <hr/> Fruit salad <hr/> Cauliflower & broccoli
WEDNESDAY	A selection of cereal, toast and fruit will be available	Thai pork (vegetable) curry with red lentils <i>served with infused rice</i> <hr/> Melon & orange slices <hr/> Lentil & tomato	WEDNESDAY	Pitta bread with hummus & cucumber sticks	Mixed chilli beans <i>served with jacket potatoes</i> <hr/> Stewed apple & pear with cream <hr/> Potato & bean
THURSDAY		Leek, sweet potato & pea risotto <hr/> Cranberry & gingerbread muffins <hr/> Sweet potato & pea	THURSDAY	Raisin bread with butter & apple	Wholemeal pitta breads with a choice of fillings: <i>cheese, tuna mayo, tomato & cucumber sticks</i> <hr/> Seasonal fruit platter <hr/> Sweetcorn & tomato
FRIDAY		Baked pollock (Quorn) in tomato & chilli sauce <i>served with garlic & paprika potatoes</i> <hr/> Yoghurt with fruit puree <hr/> Potato & courgette	FRIDAY	Toasted muffin with butter & sliced banana	Chicken & vegetable soup <i>served with crusty thyme bread</i> <hr/> Sliced orange & pear <hr/> Spinach & pea
	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.

WINTER

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

- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cod
- Haddock
- Hake
- Kale
- Leeks
- Leeks
- Onions
- Parsnips
- Pears
- Potatoes
- Satsumas
- Swede
- Turkey