



# 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		Chicken ( <b>lentil</b> ) & vegetable biryani <i>served with infused rice</i> <hr/> <b>Yoghurt with winter berry puree</b> <hr/> Broccoli & courgette	MONDAY	Crackerbread with soft cheese & cucumber sticks	Homemade baked beans <i>served with jacket potato</i> <hr/> <b>Pears &amp; bananas</b> <hr/> Potato & tomato
TUESDAY		Beef ( <b>mixed beans</b> ) & vegetable pie <hr/> <b>Bananas &amp; custard</b> <hr/> Sweet potato & carrot	TUESDAY	Oatcakes with butter & sliced oranges	Sweetcorn chowder <i>served with wholemeal bread</i> <hr/> <b>Winter fruit platter</b> <hr/> Cauliflower & sweetcorn
WEDNESDAY	A selection of cereal, toast and fruit will be available	Baked pollock ( <b>vegetables</b> ) in a creamy leek sauce <i>served with mashed potato</i> <hr/> <b>Winter fruit platter</b> <hr/> Leek & potato	WEDNESDAY	Breadsticks, hummus & carrot sticks	Muffin pizzas with roasted vegetables & mozzarella <hr/> <b>Poached pears in chocolate sauce</b> <hr/> Mixed pepper & tomato
THURSDAY		Mushroom & spinach penne <hr/> <b>Yoghurt with a fruit compote</b> <hr/> Butternut squash & spinach	THURSDAY	Toasted crumpets with butter & sliced pear	Leek & potato soup <i>served with crusty bread</i> <hr/> <b>Orange, cinnamon &amp; cranberry flapjack</b> <hr/> Potato & leek
FRIDAY		Vegetable stir-fry noodles <hr/> <b>Spicy parsnip cake</b> <hr/> Carrot & swede	FRIDAY	Cream crackers with butter & sliced cucumber	Spicy pork ( <b>Quorn</b> ) fajitas <hr/> <b>Winter fruit platter</b> <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