



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		Beef (mushroom & spinach) lasagne ----- Winter fruit platter ----- Carrot & courgette	MONDAY	Breadsticks with soft cheese & cucumber sticks	Creamy parsnip soup <i>served with garlic bread</i> ----- Cranberry & white chocolate biscuits ----- Parsnip & swede
TUESDAY		Spiced lentil, aubergine & chickpea stew <i>served with couscous</i> ----- Yoghurt & fruit compote ----- Roasted aubergine	TUESDAY	Toasted muffins with butter & sliced orange	Baked potato <i>served with homemade baked beans & cheese</i> ----- Apples & bananas ----- Tomato & sweet potato
WEDNESDAY	A selection of cereal, toast and fruit will be available	Sardine (no sardine), tomato & spinach linguine ----- Apple & pear upside down cake ----- Tomato & spinach	WEDNESDAY	Oatcakes with soft cheese & sliced cucumber	Butternut squash & chickpea curry <i>served with toasted pittas</i> ----- Winter fruit platter ----- Potato & parsnip
THURSDAY		Sweet & sour pork (vegetables) <i>served with egg noodles</i> ----- Apple, pear & sultana crumble ----- Carrot & swede	THURSDAY	Crackerbread with hummus & grated carrot	Wholemeal sandwiches filled with grated cheese / egg mayo / hummus <i>served with vegetable sticks</i> ----- Sliced orange & grapes ----- Butternut squash & carrot
FRIDAY		Fish (vegetable) pie with leek & potato topping ----- Yoghurt with fruit puree ----- Leek & potato	FRIDAY	Toasted tomato & basil bread with butter & sliced apple	Mini Spanish omelette <i>served with peas & sweetcorn</i> ----- Winter fruit platter ----- Peas & courgette
	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