



# LUNCH



**ALL OUR MEALS ARE FRESHLY MADE ONSITE!**



# AFTERNOON TEA



**OUR DAIRY IS ALL ORGANIC TOO!**

MONDAY	SNACK AM	LUNCH, SERVED WITH SEASONAL VEG	MONDAY	SNACK PM	AFTERNOON TEA
		Creamy pea & chive risotto  Yoghurt with fruit puree		Crackerbread with soft cheese & cucumber sticks	Tagliatelle served with a winter vegetable ragu
		Broccoli & cauliflower			Carrot & apple muffins
		Vegetable & teriyaki served with egg noodles  Spiced date cake		Toasted crumpets with butter & sliced pears	Butternut squash & tomato
		Lentil & tomato			Tomato & chickpea soup served with crusty bread
		Beef (mushroom) & spinach stroganoff served with rice  Winter fruit platter		Breadsticks with hummus & carrot sticks	Apples & pears
		Spinach & potato			Carrot & orange
		Lamb (vegetable), chickpea & sweet paprika casserole served with couscous  Stewed apricots & custard		Curried bread with butter & sliced oranges	Potato & vegetable stew served with herby dumplings
		Chickpea & tomato			Lemon cake
		Sausage, sage & mixed bean stew served with mashed potato  Bananas & yoghurt		Cream crackers with beetroot dip & cucumber sticks	Bean & red pepper
		Butternut squash & carrot			Jacket potatoes with tuna mayonnaise (cream cheese & chive) served with diced cucumber
	Milk / water	Water		Milk / water	Winter fruit platter
					Potato & courgette
					Leek & potato
					Cheese, leek & onion puff pastry served with sweetcorn
					Stewed apples with cinnamon & raisins
					Leek & potato
					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
- Pears
- Potatoes
- Satsumas
- Swede
- Onions
- Parsnips