



LUNCH



ALL OUR MEALS ARE FRESHLY MADE ONSITE!

WINTER MENU 4

AFTERNOON TEA



OUR DAIRY IS ALL ORGANIC TOO!

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