

Sample Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of porridge, cornflakes, toast with avocado spread and a glass of milk	Selection of porridge, cornflakes, toast with avocado spread and a glass of milk	Selection of porridge, cornflakes, toast with avocado spread and a glass of milk	Selection of porridge, cornflakes, toast with avocado spread and a glass of milk	Selection of porridge, cornflakes, toast with avocado spread and a glass of milk
Snacks	Crackers and cheese with apple slices	Cucumber and tomato slices with breadsticks	Orange and apple with breadsticks	Carrot and cucumber slices with rice cakes	Apple and pear slices with breadsticks
Lunch	Smoked mix fish with cheesy mash and peas Alternative: tomato and basil baked beans on mash and peas	Beef meatball with tomato sauce and rice Vegetarian option: Quorn mince meatballs with tomato sauce and rice	Creamy garlic mushroom pasta	Creamy chicken potato – topped pie Vegetarian option: Creamy quorn mince potato – topped pie	Fruit Moroccan style chicken stew with couscous Vegetarian option: Moroccan style chickpea stew with couscous
Tea	Spinach, cheese and mushroom pinwheels	Chinese – style chicken and spring green noodle Vegetarian option: Grilled vegetable noodles (red peppers, carrots and spring onion)	Carrot falafel stuffed wrap and mixed grilled veg and hummus	Carrot cake	Crispy baked tacos with tuna chunks, refired beans and pineapple salsa
Pudding	Greek yogurt and cinnamon	A fruit selection of banana, apple, pear or orange slices with rice cakes	Apricot and strawberry yogurt	A fruit selection of banana, apple, pear or orange slices with rice cakes	Apricot and strawberry yogurt

Menu under 1 years old	Monday	Tuesday	Wednesday	Thursday	Friday
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Breakfast	Porridge/ toast slices/ milk	Porridge/ toast slices/ milk	Porridge/ toast slices/ milk	Porridge/ toast slices/ milk	Porridge/ toast slices/ milk
Snacks	Fresh fruit puree	Puree pear	Puree apple	Mixed fruit puree	Mixed fruit puree
Lunch	Puree fish and potato	Puree beef mince with tomato sauce	Puree pasta and pea	Puree chicken and potato	Puree chickpea and couscous with sauce
Tea	Puree carrot, tomato and chickpea	Puree chicken and noodle	Puree spinach and peas	Puree carrot cake	puree fish with tomato