

MENU 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9.00 am BREAKFAST</b>	Non-sugar cereals, toast, and milk.	Non-sugar cereals, croissants and milk.	Non-sugar cereals, toast, and milk.	Non-sugar cereals, pancakes, and milk.	Non-sugar cereals, toast, and milk.
<b>10.00 am MORNING SNACK</b>	Water	Water	Water	Water	Water
<b>11.45am LUNCH</b>	Vegetable shepherd's pie (Carrots, butternut squash, green lentils, chopped tomatoes)  <u>Homemade Jam tarts</u>  <b>Babies:</b> Carrots, swede and potato mix Stewed pears	Turkey Lasagne  Mixed green salad  <u>Fresh fruit salad</u>  <b>Babies:</b> Turkey, potato, carrots and swede mix Stewed apples	Vegetable Pasta Bake served with a mixed bean salad.  <u>Yoghurt</u>  <b>Babies:</b> Carrots, sweet potato and broccoli mix Mashed banana	Chicken Curry Mixed Vegetable Pilau rice  <u>Fresh fruit salad</u>  <b>Babies:</b> Chicken, Potato, carrots and swede mix Stewed fruit	Fisherman's Pie with peas and sweetcorn -  <u>Peaches and Ice Cream</u>  <b>Babies:</b> White fish with carrots and broccoli mix Yoghurts
<b>2.30pm AFTERNOON SNACK</b>	Cucumber and carrot sticks Milk or water	Biscuits Milk or water	Rice cakes Milk or water	Cereal mix Milk or water	Bread and carrot sticks Milk or water
<b>4.00pm AFTERNOON TEA</b>	Veggie Carbonara Salad (linguine, eggs, ricotta cheese, spinach, peas)  <u>Fresh fruit salad</u>  <b>Babies:</b> White fish with carrots and broccoli mix Yoghurts	Vegetable Risotto  <u>Homemade oat and raisin cookies</u>  <b>Babies:</b> Swede and cauliflower mix Mashed banana	Homemade cheese and tomato pizza, vegetable cous cous and salad  <u>Fresh fruit salad</u>  <b>Babies:</b> White fish with carrots and broccoli mix Stewed apples	Baby frittata's with gourn ham , mixed green and new potato salad and wholemeal pitta bread. Dips - Mayonnaise, Tzatziki  <u>Sugar free angel delight</u>  <b>Babies:</b> Swede, carrot and potato mix Mashed banana	Beans on toast Grated cheese  <u>Fresh fruit salad</u>  <b>Babies:</b> Cauliflower, swede and sweet potato mix Stewed pears