**Week 3 Winter Menus**

**ALLERGEN INFORMATION AVALIABLE ON REQUEST**

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Porridge/ Weetabix & Toast | Scrambled Eggs or Weetabix &Toast | Porridge/ Weetabix & Toast | Scrambled Eggs or Weetabix &Toast | Porridge/ Weetabix & Toast |
| Lunch | Fish fingers potato wedges baked beans | Vegetable hot pot  cabbage | Cantonese sweet & sour chicken with rice noodles | Vegetable cassoulet | Chicken Pasta bake |
| DESSERT | Natural Yoghurt | Fresh Fruit | Rice Pudding  fruit compote | Fresh Fruit | Natural Yoghurt |
| Vegetarian | Vegetable fingers |  | Sweet & sour vegetables |  | vegetable pasta bake |
| Babies | Weaning Process followed i.e.: veg, fish, meat, purees then menu when appropriate | | | | |
| Tea | Vegetable soup homemade bread  Fresh Fruit | Crackers & cheese | Pitta bread with hummus & baba ganoush | Cheese/peanut butter sandwiches  Fresh Fruit | Cheese & tomatoes muffins  Fresh Fruit |
| Babies | Fruit Puree or menu | when appropriate |  |  |  |