

Week 1 Menu

ALLERGEN INFORMATION AVAILABLE ON REQUEST

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge/ Weetabix & Toast	Weetabix & Toast	Scrambled Eggs or Weetabix & Toast	Porridge/ Weetabix & Toast	Weetabix & Toast
Lunch	Cheese & Tomato pizza & potato wedges	Fish Mornay mash potato carrots	Chicken stew roast potatoes cauliflower/broccoli	Vegetable risotto	Spaghetti bolognese with carrots & Garlic bread(homemade)
DESSERT	Pineapple Upside down cake	Natural Yoghurt	Fresh Fruit	Natural Yoghurt	Fresh Fruit
Vegetarian		Vegetable Mornay	Vegetable stew		Vegetable Bolognese
Babies	Weaning Process followed i.e.: veg, fish, meat, purees then menu when appropriate				
Tea	Peanut butter/ Marmite Sandwiches Fresh Fruit	Cheese scones Fresh Fruit	Crumpets Fresh Fruit	Tuna Melts Fresh Fruit	Pitta Bread with Homemade Hummus Fresh Fruit
Babies	Fruit Puree or menu	when appropriate			

