

Week 4 Menu

ALLERGEN INFORMATION AVAILABLE ON REQUEST

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge or Weetabix & Toast	Weetabix & Toast	Scrambled Eggs or Weetabix & Toast	Porridge/ Weetabix & Toast	Weetabix & Toast
Lunch	Fish parsley sauce, mashed potatoes & peas	Cheese & Onion pizza & potato wedges & Sweetcorn	Italian spaghetti bolognese with Garlic bread	Indian chicken curry rice & homemade naan	Shepherdless pie, & Green beans
DESSERT	Fresh Fruit	Natural Yoghurt	Fresh Fruit	Apple pie & custard	Fresh Fruit
Vegetarian	Vegetable bake parsley sauce		Lentil bolognese	Vegetable curry	
Babies	Weaning Process followed i.e.: veg, fish, meat, purees then menu when appropriate				
Tea	Oatcakes with Dairylea & Cucumber Fresh Fruit	Beans on toast Fresh Fruit	Banana & Blueberry Muffins Fresh Fruit	Cheese & Peanut Butter Sandwiches Fresh Fruit	Crackers & Dairylea Fresh Fruit
Babies	Fruit Puree or menu	when appropriate			