

# Autumn Week One

Breakfast is served every day with a selection of wholegrain cereals, toast and fruit. Cereals used at this nursery are listed in the allergens information.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice Cakes <i>with spread</i>	Apple Fingers	Oat cakes <i>with soft cheese</i>	Pear & Sultanas	Bread Sticks <i>with Humous</i>
Lunch	One Pot Chicken Jollof Rice <i>with steamed broccoli</i>  Watermelon Fans	Tuna & Sweetcorn Pasta Bake <i>with runner beans</i>  Plum & Cinnamon Compote	Turkey Con Carne <i>with steamed rice or cous cous &amp; green beans</i>  Orange Wedges	Poached Ham, New Potatoes & Broccoli <i>with a creamy mustard &amp; parsley sauce</i>  Vanilla Rice Pudding	Courgette Caponata Pasta Bake <i>with garlic bread &amp; steamed garden peas</i>  Banana Fingers
Vegan/ Vegetarian Lunch	Butternut Squash, Spinach & Tomato Jollof Rice <i>with steamed broccoli</i>  Watermelon Fans	Red Lentil & Pepper Pasta Bake <i>with runner beans</i>  Plum & Cinnamon Compote	Three Bean Chilli <i>with steamed rice or cous cous &amp; green beans</i>  Orange Wedges	Bubble & Squeak <i>with steamed broccoli &amp; a creamy mustard &amp; parsley sauce</i>  Vegan Vanilla Rice Pudding	Courgette Caponata Pasta Bake <i>with garlic bread &amp; steamed garden peas</i>  Banana Fingers
High Tea	Pitta Fingers <i>with cheddar &amp; apple slaw &amp; vegetable crudités</i>  Sliced Pears	Curried Butternut Squash & Coconut <i>with crusty roll</i>  Peach & Quartered Grapes	Selection of Sandwiches <i>egg &amp; cress, humous &amp; spinach, soft herby cheese</i>  Apple	Tuna Crunch or Tomato & Basil Muffin <i>with cucumber sticks</i>  Seasonal Fruit Salad	Ham Salad Wraps <i>with tzatziki dip &amp; quartered cherry tomatoes</i>  Fruit Yoghurt
Vegan/ Vegetarian High Tea	Pitta Fingers <i>with cheddar &amp; apple slaw &amp; vegetable crudités</i>  Sliced Pears	Curried Butternut Squash & Coconut <i>with crusty roll</i>  Peach & Quartered Grapes	Selection of Sandwiches <i>egg &amp; cress, humous &amp; spinach, soft herby cheese</i>  Apple	Tomato, Pepper & Basil Muffin Pizza <i>with cucumber sticks</i>  Seasonal Fruit Salad	Rainbow Salad Wraps <i>with tzatziki dip &amp; quartered cherry tomatoes</i>  Fruit Yoghurt
	<b>Nutrition</b>	<b>Nutrition</b>	<b>Nutrition</b>	<b>Nutrition</b>	<b>Nutrition</b>
	Starchy Portions 6	Starchy Portions 6	Starchy Portions 6	Starchy Portions 5	Starchy Portion 6
	Fruit & Vegetable Portions 8	Fruit & Vegetable Portions 8	Fruit & Vegetable Portions 8	Fruit & Vegetable Portions 9	Fruit & Vegetable Portion 9
	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 1	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 1	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 3	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portions 2	Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 2
	Milk & Dairy Foods 2	Milk & Dairy Foods 2	Milk & Dairy Foods 3	Milk & Dairy Foods 3	Milk & Dairy Foods 2

Water available all day and with all meals. Menus are subject to change and availability.

# Autumn Week Two

Breakfast is served every day with a selection of wholegrain cereals, toast and fruit. Cereals used at this nursery are listed in the allergen's information.

Morning  
Snack

Satsumas

Lunch

Basil & Spinach Pesto Pasta  
*with roasted peppers & courgettes & garlic flatbread*

Fresh Pineapple

Vegan/  
Vegetarian  
Lunch

Basil & Spinach Pesto Pasta  
*with roasted peppers & courgettes & garlic flatbread*

Fresh Pineapple

High  
Tea

BBQ Chicken & Salad Wrap  
*with carrot sticks*

Sliced Apple

Vegan/  
Vegetarian  
High Tea

Plant Based BBQ Chicken & Salad Wrap  
*with cucumber sticks*

Sliced Apple

Nutrition

Starchy Portion 4  
Fruit & Vegetable Portion 8  
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 2  
Milk & Dairy Foods 2

Tuesday

Rice Cakes  
*with dairy free spread*

Turkey & Mushroom Fricassee  
*with steamed rice & Chantenay carrots*

Greek Yoghurt *with cherry & rhubarb compote*

White Bean, Leek & Mushroom Fricassee  
*with steamed rice & Chantenay carrots*

Greek Yoghurt *with cherry & rhubarb compote*

Smokey Joes' Beans  
*with warm baguette & butter*

Watermelon Fingers

Smokey Joes' Beans  
*with warm baguette & butter*

Watermelon Fingers

Nutrition

Starchy Portion 5  
Fruit & Vegetable Portion 8  
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 3  
Milk & Dairy Foods 1

Wednesday

Banana Fingers

Cumberland Pie  
*with steamed mixed vegetables & thyme gravy*

Satsumas

Veggie Cumberland Pie  
*with steamed mixed vegetables & thyme gravy*

Satsumas

Cheese & Pickle Pitta Pockets  
*with cucumber & pepper sticks*

Peach & Orange Salad

Cheese & Pickle Pitta Pockets  
*with cucumber & pepper sticks*

Peach & Orange Salad

Nutrition

Starchy Portion 5  
Fruit & Vegetable Portion 9  
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 2  
Milk & Dairy Foods 2

Thursday

Cream Crackers & humous

Roast Chicken  
*with roast potatoes, yorkshire pudding, seasonal veg & redcurrant gravy*

Stone Fruit Salad  
*with mint & vanilla syrup*

Roast Quorn  
*with roast potatoes, yorkshire pudding, seasonal veg & redcurrant gravy*

Stone Fruit Salad  
*with mint & vanilla syrup*

Italian Style Tomato, Vegetable & Orzo Soup

Seasonal Pears

Italian Style Tomato, Vegetable & Orzo Soup

Seasonal Pears

Nutrition

Starchy Portion 5  
Fruit & Vegetable Portion 8  
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 2  
Milk & Dairy Foods 2

Friday

Seasonal Plums

Cod & Haddock Cheesy Potato Gratin  
*with broccoli & cauliflower*

Banana & Raisins

Spinach & Cheese Potato Gratin  
*with broccoli & cauliflower*

Banana & Raisins

Garlic & Herb Soft Cheese & Cucumber Bagels  
*with pepper sticks*

Orange Wedges

Garlic & Herb Soft Cheese & Cucumber Bagels  
*with pepper sticks*

Orange Wedges

Nutrition

Starchy Portion 4  
Fruit & Vegetable Portion 8  
Meat, Fish, Eggs, Beans & Non-Dairy sources of Protein Portion 3  
Milk & Dairy Foods 2

Water available all day. Milk offered at snack time & teatime. Menus are subject to change and availability.

# Autumn Week Three

Breakfast is served every day with a selection of wholegrain cereals, toast and fruit. Cereals used at this nursery are listed in the allergen's information.

Morning  
Snack

Banana & Sultanas

Lunch

Savoury Mince & Root  
Vegetable Mash  
*with cabbage &  
green beans*

Fruit Yoghurt

Vegan/  
Vegetarian  
Lunch

Lentil & Bean Hash  
Vegetable Mash  
*with cabbage &  
green beans*

Fruit Yoghurt

High  
Tea

Selection of Rolls  
*with a choice of egg &  
cress, soft cheese, ham or  
chicken & veggie sticks*

Sliced Plums

Vegan/  
Vegetarian  
High Tea

Selection of Rolls  
*with a choice of houmous  
or cheese & cucumber  
& veggie sticks*

Sliced Plums

Nutrition

Starchy Portions 6  
Fruit & Vegetable Portions 8  
Meat, Fish, Eggs, Beans & Non-  
Dairy sources of Protein Portions 1  
Milk & Dairy Foods 2

Tuesday

Breadsticks  
*with cheddar cubes*

Puff Pastry Topped Pork,  
Leek & Casserole  
*with new potatoes  
& broccoli*

Bananas & Custard

Puff Pastry Topped  
Quorn, Leek & Tarragon  
Casserole  
*with new potatoes  
& broccoli*

Bananas & Custard

Jacket Potatoes Halves  
*with tuna & sweetcorn mayo  
or baked beans & cheese*

Apple Fingers

Jacket Potatoes Halves  
*with baked beans & cheese*

Apple Fingers

Nutrition

Starchy Portions 6  
Fruit & Vegetable Portions 8  
Meat, Fish, Eggs, Beans & Non-  
Dairy sources of Protein Portions 3  
Milk & Dairy Foods 3

Wednesday

Orange Wedges

Caribbean Chicken Stew  
*with traditional style rice  
& peas*

Pineapple & Mango  
Melody

Sweet Potato & Pepper  
Caribbean Stew  
*with traditional style rice  
& peas*

Pineapple & Mango  
Melody

Ham Salad  
Pinwheel Wraps  
*with carrot & pepper batons*

Duo of Melon

Humous Salad  
Pinwheel Wraps  
*with carrot & pepper batons*

Duo of Melon

Nutrition

Starchy Portions 6  
Fruit & Vegetable Portions 8  
Meat, Fish, Eggs, Beans & Non-  
Dairy sources of Protein Portions 3  
Milk & Dairy Foods 3

Thursday

Oat Cakes  
*with dairy free spread*

Welsh Rarebit Fish Pie  
*with seasonal vegetables*

Apple & Rhubarb  
Crumble  
*with Greek yoghurt*

Welsh Rarebit Cannelloni  
Bean & Onion Pie  
*with seasonal vegetables*

Apple & Rhubarb  
Crumble  
*with Greek yoghurt*

Curried Parsnip  
& Apple Soup  
*with pitta fingers*

Peaches

Curried Parsnip  
& Apple Soup  
*with pitta fingers*

Peaches

Nutrition

Starchy Portions 5  
Fruit & Vegetable Portions 9  
Meat, Fish, Eggs, Beans & Non-  
Dairy sources of Protein Portions 1  
Milk & Dairy Foods 2

Friday

Seasonal Pears

Butternut Squash  
Mac n Cheese  
*with herby breadcrumbs,  
peas & green beans*

Fruit Salad

Butternut Squash  
Mac n Cheese  
*with herby breadcrumbs,  
peas & green beans*

Fruit Salad

Grated Cheddar,  
Mayo & Spring Onion  
Savoury Bagels  
*with vegetable crudité*

Satsumas

Grated Cheddar,  
Mayo & Spring Onion  
Savoury Bagels  
*with vegetable crudité*

Satsumas

Nutrition

Starchy Portions 5  
Fruit & Vegetable Portions 9  
Meat, Fish, Eggs, Beans & Non-  
Dairy sources of Protein Portions 1  
Milk & Dairy Foods 2

Water available all day. Milk offered at snack time & teatime. Menus are subject to change and availability.

# Weaning Menu with Meat & Fish



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Week 1

Lunch  
Sweet Potato Purée  
Apple Compote

Tea  
Cheesy Star Pasta  
Poached Pear

Lunch  
Baby Chicken Korma  
Soft Mango

Tea  
Butternut Squash Mash  
Greek Yoghurt with Berry Compote

Lunch  
Chickpea & Tomato Hash  
Fruit Yoghurt

Tea  
Broccoli & Cauliflower Purée  
Watermelon Fingers

Lunch  
Bubble & Squeak  
Rhubarb Compote

Tea  
Sweet Potato Purée  
Apple & Mango

Lunch  
Beef Mince & Potato Pie  
Pear & Cinnamon Compote

Tea  
Salmon & Vegetable Hash  
Banana Fingers

Week 2

Lunch  
Tomato & Courgette Spaghetti  
Pear & Apple Purée

Tea  
Pea & Ham Risotto  
Fruit Salad

Lunch  
Cauliflower & Broccoli Cheese  
Berry Medley

Tea  
Curried Lentil & Spinach Hash  
Poached Mandarin

Lunch  
Carrot & Chicken  
Baby Custard

Tea  
Swede & Sweet Potato Mashed Banana

Lunch  
Baby Spag Bolognaise  
Prune Compote

Tea  
Cheesy Spinach & Potato Bake  
Apple & Blueberry Compote

Lunch  
Poached White Fish & Garlic Mash  
Fruit Yoghurt

Tea  
Pitta fingers with Humous & Cucumber Sticks  
Soft Fruit Kebabs

Week 3

Lunch  
Parsnip & Potato Hash  
Blueberries

Tea  
Tomato & Basil Chicken  
Banana

Lunch  
Creamy Tuna Baby Pasta  
Melon Fingers

Tea  
Chicken & White Bean Casserole  
Poached Pears

Lunch  
Potato & Onion Bake  
Greek Yoghurt with Prune Purée

Tea  
Beef Lasagne  
Peaches

Lunch  
Minted Peas & Spinach  
Fruit Salad

Tea  
Courgette, Tomato & Pepper Ratatouille  
Poached Apples

Lunch  
Tomato & Turkey Ragù  
Soft Fruit Kebabs

Tea  
Sweet Potato & Humous Hash  
Rhubarb & Vanilla Compote

Meals can be made in batches and frozen in individual portion pots

# Weaning Menu Vegetarian

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p><b>Lunch</b> Sweet Potato Purée Apple Compote</p> <p><b>Tea</b> Cheesy Star Pasta Poached Pear</p>	<p><b>Lunch</b> Baby Vegetable Korma Soft Mango</p> <p><b>Tea</b> Butternut Squash Mash Greek Yoghurt with Berry Compote</p>	<p><b>Lunch</b> Chickpea &amp; Tomato Hash Fruit Yoghurt</p> <p><b>Tea</b> Broccoli &amp; Cauliflower Purée Watermelon Fingers</p>	<p><b>Lunch</b> Bubble &amp; Squeak Rhubarb Compote</p> <p><b>Tea</b> Sweet Potato Purée Apple &amp; Mango</p>	<p><b>Lunch</b> Vegetable Rice Pear &amp; Cinnamon Compote</p> <p><b>Tea</b> Root Vegetable Hash Banana Fingers</p>
Week 2	<p><b>Lunch</b> Tomato &amp; Courgette Spaghetti Pear &amp; Apple Purée</p> <p><b>Tea</b> Pea &amp; Courgette Risotto Fruit Salad</p>	<p><b>Lunch</b> Cauliflower &amp; Broccoli Cheese Berry Medley</p> <p><b>Tea</b> Curried Lentil &amp; Spinach Hash Poached Mandarin</p>	<p><b>Lunch</b> Carrot &amp; Sweet Potato Baby Custard</p> <p><b>Tea</b> Swede &amp; Parsnip Mashed Banana</p>	<p><b>Lunch</b> Baby Veggie Spaghetti Bolognaise Prune Compote</p> <p><b>Tea</b> Cheesy Spinach &amp; Potato Bake Apple &amp; Blueberry Compote</p>	<p><b>Lunch</b> Butternut Squash &amp; Garlic Mash Fruit Yoghurt</p> <p><b>Tea</b> Pitta Fingers with Humous &amp; Cucumber Sticks Soft Fruit Kebabs</p>
Week 3	<p><b>Lunch</b> Parsnip &amp; Potato Hash Blueberries</p> <p><b>Tea</b> Tomato &amp; Basil Baby Pasta Stars Banana</p>	<p><b>Lunch</b> Curried Chickpea &amp; Lentil Dahl Melon Fingers</p> <p><b>Tea</b> Mediterranean Vegetable Ratatouille Poached Pears</p>	<p><b>Lunch</b> Potato &amp; Onion Bake Greek Yoghurt with Prune Purée</p> <p><b>Tea</b> Mixed Vegetable Lasagne Peaches</p>	<p><b>Lunch</b> Minted Peas &amp; Spinach Fruit Salad</p> <p><b>Tea</b> Three Bean &amp; Tomato Mash Poached Apples</p>	<p><b>Lunch</b> Sweetcorn &amp; Broccoli Cheesy Bake Soft Fruit Kebabs</p> <p><b>Tea</b> Sweet Potato &amp; Humous Hash Rhubarb &amp; Vanilla Compote</p>

Meals can be made in batches and frozen in individual portion pots