

Autumn and Winter Menu Week 1

	Breakfast	Morning Snack	Lunch	Lunch (vegetarian option)	Afternoon Snack	Tea
Monday	Choice of cereals Pineapple and toast <i>D, G, SO</i>	Cheddar Cheese and Cream Crackers <i>D, G</i>	Vegetable and chickpea korma with rice and cucumber. <i>D, G</i> Yogurt and fruit compote <i>D</i> .		Clementine	Potato wedges with salmon dip <i>D, F</i> Fresh fruit
Tuesday	Choice of cereals <i>D, G</i> Crumpet, <i>G</i> and banana	Beetroot Hummus and Rice Cakes	Salmon and vegetable pasta bake served with green beans. <i>G</i> Melon and grapes	Butter bean and leek pasta bake served with broccoli <i>D, G</i>	Pear	Savoury onion and chive scone with bean dip <i>D, G</i> Fresh fruit
Wednesday	Choice of cereals <i>D, G</i> cheese, cucumber and toast <i>D, G, SO</i>	Gumbo dip and Water Biscuits <i>D, G</i>	Beef and prune stew served with couscous <i>G</i> . Apple and raisin crumble <i>G</i>	Kidney beans and prune stew served with couscous <i>G</i> .	Apple	Lentil and carrot soup with bread <i>D, G</i> Fresh fruit
Thursday	Choice of cereals <i>D, G</i> kiwi and toast <i>G, SO</i>	Homemade Hummus and Bread Sticks, <i>G, SE</i>	Chicken and mushroom casserole with mashed potato and green beans <i>D</i> . Yogurt and mixed berries <i>D</i>	Pinto beans and mushroom served with mashed potato and green beans <i>D</i>	Melon	Sandwiches served with salad <i>D, D, F, G, SO</i> Fresh fruit
Friday	Choice of cereals <i>D, G</i> Homemade cinnamon bread and apple <i>G</i>	Guacamole and Corn Cakes <i>D</i>	Lentil and vegetable Bolognese served with linguine and steamed cabbage <i>D, G</i> . Semolina and date pudding <i>D, G</i>		Kiwi	Cheese and tomato pizza served with salad <i>D, G</i> Fresh fruit

Milk and/or water are served with all meals.

The majority of our ingredients are organic and free range as per availability. We purchase as much as possible from local suppliers.

Menu Key: CE - Celery and/or Celeriac CR – Crustaceans D - Dairy E - Egg F - Fish G - Gluten/Wheat L – Lupin M - Mustard N - Nuts P - Peanut SE - Sesame SF – Molluscs SO - Soya SU – Sulphur

Autumn and Winter Menu Week 2

	Breakfast	Morning Snack	Lunch	Lunch (vegetarian option)	Afternoon Snack	Tea
Monday	Choice of cereals <i>D, G</i> Peach and toast, <i>G, SO</i>	Red Leicester and Corn Cakes <i>D</i>	Mixed bean and vegetable pasta bake <i>D, E, G</i> Yogurt and dry fruit <i>D</i>		Apple	Sandwiches Served with salad, <i>D, F, G, SO</i> Fresh fruit
Tuesday	Choice of cereals <i>D, G</i> Pineapple cheese and toast <i>D, SO</i>	Hummus and water biscuit <i>D, G</i>	Chicken, basil and tomato served with rice. Melon and grapes	Paneer, basil and tomato served with rice <i>D</i>	Pear	Mixed vegetable soup with bread, <i>G, SO</i> Fresh fruit
Wednesday	Choice of cereals <i>D, G</i> Homemade mixed fruit bread, <i>G</i> and mango	Cream Cheese with Chives and Bread Sticks <i>D, G, SE</i>	Lentil and vegetable pie with sweet potato topping served with cauliflower <i>D, G</i> Fruity vegetarian jelly		Clementine	Chicken (Chickpea) tortilla with carrot and cucumber Fresh fruit
Thursday	Choice of cereals <i>D, G</i> Cream cheese, bagel <i>D, G</i> and blueberry	Tzatziki dip and wholemeal Rice cake <i>D</i>	Haddock and squash tagine served with couscous <i>D, F, G</i> Apricot and custard <i>D</i>	Tofu and squash tagine served with couscous <i>D, G, SO</i>	Melon	Broccoli and cauliflower soup with bread, <i>G, D</i> Fresh fruit
Friday	Choice of cereals <i>D, G</i> Toast and apple <i>D, G</i>	Gumbo dip and crackers	Beef keema served with rice and cabbage. Berry smoothie <i>D</i>	Puy lentil keema served with rice and cabbage	Kiwi	Macaroni cheese and corn bake <i>D, G</i> Fresh fruit

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Graphic Key: Carb - Carbohydrates NMES - Non-milk extrinsic sugars Prot - Proteins
Calc - Calcium Vit A - Vitamin A Vit C - Vitamin C

Autumn and Winter Menu week 3

	Breakfast	Morning Snack	Lunch	Lunch (vegetarian option)	Afternoon Snack	Tea
Monday	Choice of cereals <small>D, G</small> Banana and toast <small>D, G, SO</small>	Cheddar Cheese and Rice Cakes <small>D</small>	Mushroom and pea pasta alfredo served with green beans <small>D, G</small> Clementine		Pear	Cheese and beans on toast with salad <small>D, G</small> Fresh fruit
Tuesday	Choice of cereals <small>D, G</small> and Crumpet and melon <small>G</small>	Tzatziki dip and Bread Sticks <small>D, G</small>	Creamy chicken and pesto potato bake Banana	Creamy butter bean and pesto potato bake	Kiwi	Carrot and coriander soup with bread. <small>D, G</small> Fresh fruit
Wednesday	Choice of cereals <small>D, G</small> Homemade rosemary bread and cucumber	Guacamole and Wholemeal Bagels <small>D, G</small>	Salmon and mixed vegetable kedgeree <small>F</small> Yogurt and Fruit puree <small>D</small>	Paneer and mixed vegetable kedgeree <small>D</small>	Banana	Sandwiches Served with salad, <small>D, F, G, SO</small> Fresh fruit
Thursday	Choice of cereals <small>D, G</small> Cheese, pear, and toast <small>G, SO</small>	Gumbo dip and Cream Crackers <small>D, G</small>	Mixed bean goulash served with couscous <small>D, G</small> Melon and grapes		Pineapple	Potato wedges with Salmon pate <small>F, D, F</small> carrot and cucumber Fresh fruit
Friday	Choice of cereals <small>D, G</small> Clementine and toast, <small>D, G, SO</small>	Cream cheese and water biscuit <small>D, G</small>	Beef and mushroom stroganoff with pasta and broccoli <small>D, G</small> Rice pudding and fruit compote <small>D, G</small>	Puy lentil and mushroom stroganoff with pasta <small>D, G</small>	Blueberry	Savory scones serve with salad. Fresh fruit, <small>D, E, G</small>

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Autumn and Winter Menu week 4

	Breakfast	Morning Snack	Lunch	Lunch (vegetarian option)	Afternoon Snack	Tea
Monday	Choice of cereals <i>D, G</i> Mixed dry fruit and toast <i>G, SO</i>	Red Leicester and Wholemeal Rice Cakes <i>D</i>	Chickpea and vegetable tagine with couscous <i>D, G</i> Banana		Apple	Tuna and vegetable pasta bake <i>D, F, G</i> Fresh fruits
Tuesday	Choice of cereals <i>D, G</i> Bagel and mango <i>D, G</i>	Beetroot Hummus and Corn Cakes	Sweet potato and squash curry served with rice <i>D, G</i> Seasonal fruit salad		Pear	Minty pea soup With naan <i>D, G</i> Fresh fruits
Wednesday	Choice of cereals <i>D, G</i> Toast and strawberry <i>G, SO</i>	Hummus and corn cakes	One pan Spanish cod stew with flat bread <i>D, G</i> Mixed berry smoothie <i>D</i>	One pan Spanish edamame stew with flat bread <i>G, SO</i>	Melon	<i>Beef (Lentil) onion wrap with salad</i> <i>D, G</i> Fresh fruits
Thursday	Choice of cereals <i>D, G</i> Homemade mixed fruit loaf and banana <i>G</i>	Cream cheese and pitta <i>D, G</i>	Beef hotpot with mash potato with mixed vegetables Stewed apple and custard <i>D</i>	Kidney bean and onion hotpot with mash potato with mixed vegetables	Clementine	Cheese and beans on toast with salad <i>D, G</i> Fresh fruits
Friday	Choice of cereals <i>D, G</i> Grapes and toast <i>G, SO</i>	Gumbo dip and cream crackers	<i>chicken and pesto pasta with pea</i> <i>D, G</i> <i>fruity vegetarian jelly</i>	<i>Tofu and pesto pasta with pea</i> <i>D, G, SO</i>	Banana	Potato wedges with salmon dip and salad Fresh fruit <i>D, F</i>

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Sunshine/Lilac Autumn & winter 1

	Stage	Breakfast	Lunch	Tea
Monday	Weaning	Formula, baby rice, cereal	Courgette puree	Apple
	Introducing to protein	Choice of cereals <i>D, G</i>	Courgette and green beans puree with mashed chickpea	Apple and apricot puree
Tuesday	Weaning	Formula, baby rice, cereal	Cauliflower puree	Banana
	Introducing to protein	Choice of cereals <i>D, G</i>	Cauliflower and broccoli puree with flake salmon	Banana and pineapple puree
Wednesday	Weaning	Formula, baby rice, cereal	Butternut squash puree	Pear
	Introducing to protein	Choice of cereals <i>D, G</i>	Butternut squash and parsnip puree with mince beef	Pear and mango puree
Thursday	Weaning	Formula, baby rice, cereal	Potato puree	Strawberry
	Introducing to protein	Choice of cereals <i>D, G</i>	Potato and turnip puree with mince chicken	Apple and strawberry puree
Friday	Weaning	Formula, baby rice, cereal	Carrot puree	Mango
	Introducing to protein	Choice of cereals <i>D, G</i>	<i>Carrot and cabbage puree with lentil G</i>	Mango and peach puree

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Sunshine /Lilac Autumn & winter 2

	Stage	Breakfast	Lunch	Tea
Monday	Weaning	Formula, baby rice, cereal	Pea puree	Pear
	Introducing to protein	Choice of cereals <i>D, G</i>	Pea and red pepper puree with mashed beans	Pear and pineapple puree
Tuesday	Weaning	Formula, baby rice, cereal	Carrot puree	Apple
	Introducing to protein	Choice of cereals <i>D, G</i>	Carrot and courgette puree with mince chicken	Apple and melon puree
Wednesday	Weaning	Formula, baby rice, cereal	Sweet potato puree	Banana
	Introducing to protein	Choice of cereals <i>D, G</i>	Sweet potato and green beans puree with mashed lentil	Banana and strawberry puree
Thursday	Weaning	Formula, baby rice, cereal	Butternut squash puree	Mango
	Introducing to protein	Choice of cereals <i>D, G</i>	Butternut squash and cauliflower puree with flake haddock	Mango and blueberry puree
Friday	Weaning	Formula, baby rice, cereal	Cabbage puree	Apricot
	Introducing to protein	Choice of cereals <i>D, G</i>	Cabbage and carrot puree with mince beef	Apricot and kiwi puree

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Sunshine/Lilac Autumn Menu week 3

	Stage	Breakfast	Lunch	Tea
Monday	Weaning	Formula, baby rice, cereal	Carrot puree	Peach
	Introducing to protein	Choice of cereals <i>D, G</i>	Carrot and green bean puree with mashed beans	Peach and apricot puree
Tuesday	Weaning	Formula, baby rice, cereal	Courgette puree	Pineapple
	Introducing to protein	Choice of cereals <i>D, G</i>	Courgette and swede puree with mince chicken	Pineapple and mango puree
Wednesday	Weaning	Formula, baby rice, cereal	Pea puree	Pear
	Introducing to protein	Choice of cereals <i>D, G</i>	Pea and potato puree with flake salmon	Pear and kiwi puree
Thursday	Weaning	Formula, baby rice, cereal	Sweet red pepper puree	Apple
	Introducing to protein	Choice of cereals <i>D, G</i>	Sweet red pepper and Carrot puree with mashed beans	Apple and pear puree
Friday	Weaning	Formula, baby rice, cereal	Broccoli puree	Banana
	Introducing to protein	Choice of cereals <i>D, G</i>	Broccoli and sweet potato puree with mince beef	Banana and avocado puree

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Sunshine/Lilac Autumn & winter 4

	Stage	Breakfast	Lunch	Tea
Monday	Weaning	Formula, baby rice, cereal	Courgette puree	Peach
	Introducing to protein	Choice of cereals <i>D, G</i>	Courgette and carrot puree with mashed chickpea	Peach and apple puree
Tuesday	Weaning	Formula, baby rice, cereal	Sweet potato puree	Pear
	Introducing to protein	Choice of cereals <i>D, G</i>	Sweet potato and squash puree with lentil	Pear and pineapple puree
Wednesday	Weaning	Formula, baby rice, cereal	Carrot puree	Mango
	Introducing to protein	Choice of cereals <i>D, G</i>	Carrot and swede puree with flake cod	Mango and banana puree
Thursday	Weaning	Formula, baby rice, cereal	Parsnip puree	Apricot
	Introducing to protein	Choice of cereals <i>D, G</i>	Parsnip and potato puree with mince beef	Apricot and melon puree
Friday	Weaning	Formula, baby rice, cereal	Pea puree	Banana
	Introducing to protein	Choice of cereals <i>D, G</i>	Pea and courgette puree with mince chicken	Banana and kiwi puree

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