

Spring and Summer Menu Week 1

	Breakfast	Morning Snack	Lunch	Lunch (vegetarian option)	Afternoon Snack	Tea
Monday	Choice of cereals <i>D,G</i> Banana and toast <i>G,SO</i>	Crackers red Leicester <i>D,G</i>	Ratatouille and kidney beans pasta with seasonal vegetables Semolina and date pudding <i>D,G</i>		Clementine	Cheese and beans on toast Cucumber and corn <i>D,G</i> Fresh fruit
Tuesday	Choice of cereals <i>D,G</i> apple and toast <i>G,SO</i>	Pear	Salmon and corn chowder with broccoli <i>D,F</i> Melon medley	<i>Tofu</i> and corn chowder with broccoli <i>D</i>	Water biscuits and Edam <i>D,G</i>	Homemade beans in tomato sauce served with pitta <i>G</i> Fresh fruit
Wednesday	Choice of cereals <i>D,G</i> Carrot and nutmeg bread with blueberry <i>D</i>	Wholemeal bagel with cream cheese <i>G,SF</i>	Beef bolognaises with rice and green beans <i>G</i> Apple and raisin crumble <i>G</i>	<i>Puy lentils</i> bolognaise with pasta and green salad <i>G</i>	Apple	Chicken and pepper pizza served with carrot and cucumber <i>D,G,SO</i> Fresh fruit
Thursday	Choice of cereals <i>D,G</i> Cheese, grapes and toast <i>D,G,SO</i>	Melon	Chicken hotpot with cauliflower <i>D,G</i> Seasonal fruit salad	<i>Butter bean</i> hot pot with cauliflower <i>D,G</i>	Corn cakes, and tzatziki <i>D</i>	Selection of freshly made sandwiches with salad <i>D,G,SO</i> Fresh fruit
Friday	Choice of cereals <i>D,G</i> Toasted crumpet and mango <i>G</i>	Wholegrain rice cakes and Sweet potato hummus	Mixed bean and vegetable ragu with couscous <i>G</i> Banana berry smoothie <i>D</i>		Kiwi	Potato wedges with bean dip and salad <i>D,F</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

Spring and Summer Menu Week 2

	Breakfast	Morning Snack	Lunch	Lunch (vegetarian option)	Afternoon Snack	Tea
Monday	Choice of cereals <i>D,G</i> Pineapple and toast <i>G,SO</i>	Apple	Moroccan vegetable tagine served with couscous <i>D,G,SO</i> Greek yogurt and dry fruit <i>D</i>		Crackers and cheddar cheese <i>D,G</i>	Wholemeal pitta pocket with hummus cheese carrot and cucumber sticks <i>D,G,SO</i> Fresh fruit
Tuesday	Choice of cereals <i>D,G</i> Banana and toast <i>SO,G</i>	Crackers and pesto yogurt <i>G,D</i>	Thai green chicken curry served with rice <i>D</i> Seasonal fruit salad	Thia green bean curry served with rice <i>D</i>	Pear	Cheese on toast with red pepper bean dip <i>D,SO</i> Fresh fruit
Wednesday	Choice of cereals <i>D,G</i> Mixed fruit loaf and mango <i>G</i>	Clementine	Red lentil and beetroot stew with flat bread <i>G,SO</i> Creamy apricot and vanilla desert <i>D</i>		Wholegrain rice cakes, and cream cheese <i>D,G</i>	Chicken pasta salad <i>G,D</i> Beans replacing chicken Fresh fruit
Thursday	Choice of cereals <i>D,G</i> Cucumber, cheese and toast <i>D,G,SO</i>	Aubergine dip corn cakes	Creamy haddock and vegetable pie with potato topping served with garden peas <i>D,F</i> Fruity vegetarian jelly	Creamy haricot bean and vegetable pie with sweet potato topping <i>D</i>	Melon.	Beef and onion wrap with salad Puy lentil replacing beef <i>D,G,SO</i> Fresh fruit
Friday	Choice of cereals <i>D,G</i> Berry and toast <i>G,SO</i>	Kiwi	Lamb and vegetable pasta bake with green salad <i>D</i> Melon and raisins	Puy lentil and vegetable pasta bake with green salad <i>D</i>	Bread stick, and cottage cheese and pineapple <i>.G D.</i>	Potato wedges with hummus and salad <i>DF</i> Fresh fruit

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Spring and Summer Menu week 3

	Breakfast	Morning Snack	Lunch	Lunch (vegetarian option)	Afternoon Snack	Tea
Monday	Choice of cereals <i>D,G</i> Banana and toast <i>G,SO</i>	Corn cakes and Edam <i>D</i> , <i>D,</i>	Sweet potato and chickpea curry with rice <i>D</i> Clementine		Melon	Selection of freshly made sandwiches With salad <i>D,F,G,SO</i> Fresh fruit
Tuesday	Choice of cereals <i>D,,G</i> Pineapple, cheese and toast <i>D,G,SO</i>	Kiwi	Apricot chicken tagine with couscous and mixed vegetable medley Mango lassie <i>D</i>	Apricot bean tagine with couscous and mixed vegetable medley	Wholegrain rice cake and tzatziki <i>D,</i>	Hummus, cheese and tomato pizza with salad <i>D,G,E,M</i> - Fresh fruit
Wednesday	Choice of cereals <i>D,G</i> Toasted crumpet and strawberries <i>G</i>	Bread stick and bean dip <i>.G</i>	Creamy Salmon and cauliflower served with mash and green beans <i>D,F</i> Seasonal fruit salad	Creamy Paneer and cauliflower served with mash and green beans <i>D,</i>	Banana	Chicken Pattie with carrot and cucumber Butter bean replacing chicken <i>D,G</i> Fresh fruit
Thursday	Choice of cereals <i>D,G</i> Kiwi and homemade lemon and coriander loaf <i>G</i>	Pineapple	Lentil and vegetable lasagne with broccoli <i>D</i> Banana slices		Corn cake and Edam cheese <i>D</i>	Potato wedges with beany dip and salad Fresh fruit
Friday	Choice of cereals <i>D,G</i> Mango and toast <i>G,SO</i>	Blueberry	Beef goulash with rice <i>D,G</i> Peach and banana smoothie <i>D</i>	Puy lentil goulash with rice <i>D,G</i>	Cream crackers with Cream cheese <i>D,G</i>	Cheese and beans on toast with salad <i>D</i> Fresh fruit

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Spring and Summer Menu week 4

	Breakfast	Morning Snack	Lunch	Lunch (vegetarian option)	Afternoon Snack	Tea
Monday	Choice of cereals <i>D,G</i> Pear and toast <i>G,SO</i>	Apple	Mixed bean and vegetable paella with seasonal vegetable Greek yogurt and fruit topping <i>D</i>		Corn cake and cheddar <i>D</i>	Potato wedges with bean dip carrot and cucumber <i>F</i> Fresh fruits
Tuesday	Choice of cereals <i>D,G</i> Toast and banana <i>G</i>	<i>Cream crackers and aubergine dip</i> <i>G</i>	Creamy lentil and vegetable bake with potato topping served with broccoli <i>G,D</i> Seasonal fruit salad		Pear	Cheese and bean muffins with salad <i>D,G</i> Fresh fruits
Wednesday	Choice of cereals <i>D,G</i> Pineapple and crumpet <i>,G</i>	Melon	Haddock and pea pasta bake with carrot <i>D,F,G</i> Mixed fruit smoothie <i>D</i>	Butter bean and pea pasta bake with carrot <i>D,,G</i>	Bread stick with butter bean dip <i>G,SE</i>	Beef and onion wrap with salad <i>Puy lentil</i> replacing beef <i>D,G</i> Fresh fruits
Thursday	Choice of cereals <i>D,G</i> Cheese cucumber and toast <i>D,G,SO</i>	Bagel <i>,D,G,SO</i> strawberry and cottage cheese	Beef chili con carne with sweet potato and flat bread <i>G</i> Pear compote and custard <i>D</i>	Puy lentil chili con carne with sweet potato and flat bread <i>G</i>	Clementine	Mixed bean and vegetable pasta salad <i>G</i> Fresh fruits
Friday	Choice of cereals <i>D,G</i> Kiwi and homemade cranberry and cherry loaf <i>G,</i>	<i>Banana</i>	<i>Chicken and leek in creamy sauce with rice and seasonal vegetables</i> <i>D</i> Melon and pineapple	<i>Coronation tofu with rice and salad</i> <i>D</i>	<i>Water biscuit and squash hummus</i> <i>G</i>	Nachos served with Mexican beans and guacamole Fresh fruit

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Sunshine Spring/Summer Menu week 1

	Stage	Breakfast	Lunch	Tea
Monday	Weaning	Formula, baby rice, cereal	Carrot puree	Apple
	Introducing to protein	Choice of cereals <i>D,G</i>	Carrot and potato puree with mashed chickpea	Apple and apricot puree
Tuesday	Weaning	Formula, baby rice, cereal	Sweet potato puree	Banana
	Introducing to protein	Choice of cereals <i>D,G</i>	Sweet potato and broccoli puree with flake salmon <i>F</i>	Banana and pineapple puree
Wednesday	Weaning	Formula, baby rice, cereal	Green bean puree	Pear
	Introducing to protein	Choice of cereals <i>D,G</i>	Carrot and green bean puree with mince beef	Pear and mango puree
Thursday	Weaning	Formula, baby rice, cereal	Squash puree	Strawberry
	Introducing to protein	Choice of cereals <i>D,G</i>	Squash and cauliflower puree with mince chicken	Apple and strawberry puree
Friday	Weaning	Formula, baby rice, cereal	Courgette puree	Mango
	Introducing to protein	Choice of cereals <i>D,G</i>	<i>Courgette and mushroom with mashed pinto beans</i>	Mango and peach puree

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Sunshine Spring/Summer Menu week 2

	Stage	Breakfast	Lunch	Tea
Monday	Weaning	Formula, baby rice, cereal	Pea puree	Pear
	Introducing to protein	Choice of cereals <i>D,G</i>	Courgette and pea puree with mashed beans	Pear and pineapple puree
Tuesday	Weaning	Formula, baby rice, cereal	Green beans puree	Apple
	Introducing to protein	Choice of cereals <i>D,G</i>	Green beans and potato puree with mince chicken	Apple and melon puree
Wednesday	Weaning	Formula, baby rice, cereal	Carrot puree	Banana
	Introducing to protein	Choice of cereals <i>D,G</i>	Carrot and red pepper puree with lentil	Banana and strawberry puree
Thursday	Weaning	Formula, baby rice, cereal	Cauliflower puree	Mango
	Introducing to protein	Choice of cereals <i>D,G</i>	Cauliflower and pea puree with flake Haddock <i>F</i>	Mango and blueberry puree
Friday	Weaning	Formula, baby rice, cereal	Sweet potato puree	Apricot
	Introducing to protein	Choice of cereals <i>D,G</i>	Sweet potato and green beans with mince lamb	Apricot and kiwi puree

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Sunshine Spring/Summer Menu week 3

	Stage	Breakfast	Lunch	Tea
Monday	Weaning	Formula, baby rice, cereal	Carrot puree	Peach
	Introducing to protein	Choice of cereals <small>D,G</small>	Carrot and pea puree with lentil <small>SO</small>	Peach and apricot puree
Tuesday	Weaning	Formula, baby rice, cereal	Courgette puree	Pineapple
	Introducing to protein	Choice of cereals <small>D,G</small>	Courgette and carrot puree With mince chicken	Pineapple and mango puree
Wednesday	Weaning	Formula, baby rice, cereal	Potato puree	Pear
	Introducing to protein	Choice of cereals <small>D,G</small>	Potato and cauliflower puree with flake salmon <small>F</small>	Pear and kiwi puree
Thursday	Weaning	Formula, baby rice, cereal	Sweet potato puree	Apple
	Introducing to protein	Choice of cereals <small>D,G</small>	Sweet potato and butternut squash puree with mince chickpea	Apple and pear puree
Friday	Weaning	Formula, baby rice, cereal	Broccoli puree	Banana
	Introducing to protein	Choice of cereals <small>D,G</small>	Broccoli and carrot puree with mince beef	Banana and avocado puree

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Sunshine Spring/Summer Menu week 4

	Stage	Breakfast	Lunch	Tea
Monday	Weaning	Formula, baby rice, cereal	Potato puree	Peach
	Introducing to protein	Choice of cereals <small>D,G</small>	Potato and pea puree with mashed chickpea	Peach and apple puree
Tuesday	Weaning	Formula, baby rice, cereal	Carrot puree	Pear
	Introducing to protein	Choice of cereals <small>D,G</small>	Carrot and green bean puree with lentil	Pear and pineapple puree
Wednesday	Weaning	Formula, baby rice, cereal	Courgette puree	Mango
	Introducing to protein	Choice of cereals <small>D,G</small>	Courgette and pea puree with flake Haddock <small>F</small>	Mango and banana puree
Thursday	Weaning	Formula, baby rice, cereal	Sweet potato puree	Apricot
	Introducing to protein	Choice of cereals <small>D,G</small>	Sweet potato and red pepper puree with mince beef	Apricot and melon puree
Friday	Weaning	Formula, baby rice, cereal	Butternut squash puree	Banana
	Introducing to protein	Choice of cereals <small>D,G</small>	Butternut squash and carrot puree with mince chicken	Banana and kiwi puree

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