

Summer Menu - Week 1

	Breakfast	Lunch	Pudding	Tea	
Monday	<p>For breakfast each day, the children will have the option of a selection of cereals with white/wholemeal toast and fresh fruit. Where possible the children will also have the option of porridge for breakfast.</p>	Jacket potato, cheese, beans and homemade coleslaw/salad	<p>Each day the children will have the option of fruit for pudding. This may be fresh, frozen or dried fruit and greek yogurt may be an option dependant upon the fruit offered that day.</p>	Rice cakes, cream cheese and veg sticks	
		Potato and sweetcorn			
Tuesday		Cod korma, rice and naan			Chicken Pitta, Hummus and veg sticks
		Potato and green beans			
Wednesday		Sausage and mash with peas and carrots			Cheese and tomato toasties
	Peas, carrots and potato				
Thursday	Chicken, vegetable and noodle stir fry and tortillas			Veg muffins	
	Sweetcorn and carrot				
Friday	Tomato pasta with courgettes, garlic bread and salad			Crackers, cheese and veg sticks	
	Potato and courgettes				

Water

Milk

Water

Milk/water

Purees, highlighted in the **orange box**, are for early weaners. As babies become used to flavours and textures, they will progress to more complex dishes. Finger foods like soft vegetables and bread are given in addition. Your key person will love to hear how weaning is going at home so we can work together.

- Vegetarian options are written in **GREEN**
- All dishes are adapted for individual dietary requirements as necessary

**SPRING/
SUMMER**

Here are some seasonal ingredients that are popular in this season:

- Blueberries • Broccoli • Carrots
- Courgettes • Lettuce • New potatoes • Spinach • Spring onions • Strawberries • Tomatoes

Children **under 1** will never have the following:

- cows milk (as a drink)
- honey
- low-fat foods
- foods high in saturated fat

We will also try to ensure that they will have a mixture of white and wholegrain foods to regulate their fibre intake