

Summer Menu - Week 2

	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>	Spaghetti bolognese, garlic bread and 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>	Fruity bagels and banana	
Tuesday		Sweetcorn and carrot		Veg muffins	
Wednesday		Fish cakes with new potatoes, peas and salad		Cheese and cucumber and tomato sandwiches	
Thursday		Pea and potatoes		Chicken dinner with vegetables, yorkshire pudding and new potatoes	Chicken Pitta, hummus and veg sticks
Friday		Potatoes and broccoli		Pasta carbonara, salad and a side baguette	Fruit loaf and bananas
		Broccoli and carrot			
		Chilli tortillas with quinoa and salad			
		Potato and sweetcorn			
	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