

Summer Menu - Week 3

	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>	<p>Macaroni cheese, garlic bread and salad</p> <p>Sweetcorn and carrot</p>	<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>	<p>Pizza muffins</p>
Tuesday		<p>Sausage toad in the hole with vegetables and mash</p> <p>Potato and carrots</p>		<p>Tuna, sweetcorn and mayonnaise wraps</p>
Wednesday		<p>Beef mince hot pot and veg</p> <p>Potato and peas</p>		<p>Chicken Pitta, hummus and veg sticks</p>
Thursday		<p>Jacket potato with tuna sweetcorn, cheese and salad</p> <p>Potato and sweetcorn</p>		<p>Plain bagels with cream cheese</p>
Friday		<p>Chicken curry, rice and naan</p> <p>Chickpea and cauliflower</p>		<p>Veg muffins</p>
	Water	Milk	Water	Milk/water
<p>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.</p> <ul style="list-style-type: none"> • Vegetarian options are written in GREEN • All dishes are adapted for individual dietary requirements as necessary 			<p>Here are some seasonal ingredients that are popular in this season:</p> <ul style="list-style-type: none"> • Blueberries • Broccoli • Carrots • Courgettes • Lettuce • New potatoes • Spinach • Spring onions • Strawberries • Tomatoes <p>SPRING/ SUMMER</p>	
<p>Children under 1 will never have the following:</p> <ul style="list-style-type: none"> • cows milk (as a drink) • honey • low-fat foods • foods high in saturated fat <p>We will also try to ensure that they will have a mixture of white and wholegrain foods to regulate their fibre intake</p>				