

Autumn/Winter - Week 2

	Breakfast	Lunch	Pudding	Tea
Monday	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.	Chicken korma with cous cous	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.	Tuna and sweetcorn wraps
Tuesday		Sweetcorn and potato		Mini chicken and pitta pocket with cucumber sticks
		Turkey mince traybake served with cauliflower mash and vegetables		
Wednesday		Pea and potatoes		Rice crackers with veg sticks and cheese
		Chilli tortillas with rice and salad		
Thursday		Cauliflower, carrots & sprouts		Pitta, banana and houmous
	Baked white fish with herby potatoes and vegetables			
Friday	Peas and carrot	Bagels with soft cheese and grapes		
	Veggie fingers with sweet potato wedges, peas, broccoli and houmous			
	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. • All dishes are adapted for individual dietary requirements as necessary			<div>AUTUMN / WINTER</div> <div>Here are some seasonal ingredients that are popular in this season: • Sprouts • Broccoli • Carrots • Courgettes • Cauliflower • Spinach • Spring onions • Plums • Tomatoes • Grapes</div>	
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				