

Autumn/Winter - Week 3

	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.	Mac and cheese with cauliflower	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.	Soup of the day with baguette
		Sweetcorn and carrot		
Tuesday		Chicken fajita tray bake with cous cous and ciabatta		Ham and lettuce wraps
		Potato and peppers		
Wednesday		Fish pie with cheese sauce, carrots and green beans		Chicken pitta served with dip and veg sticks
		Mushroom and carrots		
Thursday	Vegetable and beans shepherd-style pie	Rice crackers with avocado and vegetable sticks		
	carrot and broccoli			
Friday	Chicken and vegetable jambalaya served with tortilla wraps	Fruit and oats		
	Peppers and carrots			
	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			AUTUMN / WINTER Here are some seasonal ingredients that are popular in this season: • Sprouts • Broccoli • Carrots • Courgettes • Cauliflower • Spinach • Spring onions • Plums • Tomatoes • Grapes	
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				