

Fresh
Nutritious
Tasty
Made for
Little Tummys



SEASONAL
INGREDIENTS
FOR HEALTHY
GROWING
MINDS

OUR AUTUMN / WINTER MENU

♥ BALANCED MEALS • VARIED CHOICES • HAPPY CHILDREN ♥

MONDAY

Cosy Start ♥

BREAKFAST

Warm porridge with banana & cinnamon



SNACK

Pear slices & natural yoghurt



LUNCH

Homemade cottage pie with seasonal vegetables & peas



PUDDING

Fresh fruit & yoghurt



LIGHT TEA

Wholemeal toast fingers with cream cheese & cucumber



TUESDAY

Pasta Day ♥

BREAKFAST

Wholegrain cereal with milk & fresh fruit



SNACK

Apple & soft cheese



LUNCH

Chicken & vegetable pasta bake with broccoli



PUDDING

Baked apple with custard



LIGHT TEA

Hummus, pitta fingers & vegetable sticks



WEDNESDAY

Veggie Adventure ♥

BREAKFAST

Wholemeal toast with scrambled egg & tomato



SNACK

Banana & yoghurt



LUNCH

Mild vegetable & lentil curry with rice & cauliflower



PUDDING

Seasonal fruit



LIGHT TEA

Homemade vegetable soup & wholemeal bread



THURSDAY

Fishy Favourite ♥

TREACKFAST

Overnight oats with berries



SNACK

Melon & pear



LUNCH

Salmon fishcakes with mashed potato, peas & sweetcorn



PUDDING

Yoghurt & fruit



LIGHT TEA

Beans on wholemeal toast



FRIDAY

Funky Friday Roast ♥

BREAKFAST

Wholegrain cereal with milk & banana



SNACK

Seasonal fruit platter



LUNCH

Roast chicken with potatoes, carrots, broccoli & gravy



PUDDING

Apple crumble & custard



LIGHT TEA

Mini wholemeal sandwiches with cucumber & tomato



Water available throughout the day



Milk offered appropriately throughout the day



Vegetarian options available daily



Allergies & dietary needs catered for individually



Baby-friendly textures & weaning options

GOOD FOOD TODAY
FOR HEALTHIER,
HAPPIER TOMORROWS!

Our menus change with the seasons so children experience a variety of tastes, textures and colours all year round.

