

Under 2s Menu

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Milk/ Water	Toast and banana <i>Contains soya, gluten, sesame seeds</i>	Porridge with soft pear wedges <i>Contains gluten</i>	Weetabix with soft apple wedges <i>Contains gluten</i>	Ready brek with apricot wedges <i>Contains gluten</i>	Lemon & sultana scotch pancake <i>Contains gluten</i>
LUNCH Water	Vegetable Mince spaghetti bolognese <i>Contains egg, gluten, celery</i>	Chicken, butternut squash and apricot curry with naan bread <i>Contains sulphur dioxide, celery, gluten, dairy (gluten, milk naan only)</i> ✓ Lentil, butternut squash and apricot curry with naan bread <i>Contains sulphur dioxide, celery, gluten, milk (gluten, milk naan only)</i>	Admiral fish pie with broccoli florets <i>Contains fish, dairy, celery</i> ✓ Quorn pie with broccoli florets <i>Contains celery, egg, gluten</i>	Lamb tagine with herby cous cous <i>Contains gluten, celery</i> ✓ Bean tagine with herby cous cous <i>Contains gluten, celery</i>	Turkey roast, roast potatoes, carrots & gravy <i>Contains soya</i> ✓ Quorn slices, roast potatoes, carrots & gravy <i>Contains soya, dairy, egg</i>
Blended	As above but blended	As above but blended	As above but blended	As above but blended	As above but blended
PUDDING	Soft pear wedges with blackberry yoghurt <i>Contains dairy</i> ✓ Blackberry soya yogurt	Soft apple pieces (& raisins for Poppies) with custard <i>Contains dairy</i> ✓ Soya desert and spiced fruit	Lemon sponge and ice cream <i>Contains gluten, egg, dairy (dairy ice cream only)</i> ✓ Lemon Sponge and soya ice cream	Peach crumble with custard <i>Contains dairy and gluten (dairy ice cream only)</i> ✓ soya desert	Rice pudding with banana sticks <i>Contains dairy</i> ✓ Alternative milk
Blended	As above but blended	As above but blended	As above but blended	As above but blended	As above but blended
TEA Milk	Mini red pepper & tomato, sweet potato & fish burgers <i>Contains fish, gluten</i>	Vegetable and barley broth <i>Contains gluten, celery</i>	Chicken, leek and tomato pasta <i>Contains gluten</i>	Spinach and lactose free cheese muffins <i>Contains dairy, gluten, egg</i>	Tuna & sweetcorn sandwiches <i>Contains fish, gluten, soya, sesame seeds</i>
Blended	Red pepper & tomato, sweet potato & fish <i>Contains fish</i>	As above but blended	As above but blended	Spinach & lactose free cheese blend <i>Contains dairy</i>	Tuna, sweetcorn and potato mash <i>Contains fish</i>
PUDDING	Pears and cheese <i>Contains cheese</i> ✓ fruit only	Orange and raisin loaf <i>Contains gluten, egg, sulphur dioxide</i>	Apricot yoghurt <i>Contains dairy, sulphur dioxide</i> ✓ Soya yogurt	Seasonal fruit mousse <i>Contains dairy</i> ✓ Fruit sorbet	Seasonal fruit wedges
Blended	As above but blended	As above but blended	Banana blend	Blended pear	As above but blended

Notes

Water is available throughout the day.

Meals promote baby led weaning but can be blended at parents/carers request.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST <i>Milk/ Water</i>	Toast and banana <i>Contains soya, gluten, sesame seeds</i>	Porridge with seasonal fruit <i>Contains gluten</i>	Weetabix with apple slices <i>Contains gluten</i>	Cornflakes with apricot <i>Contains gluten, sulphur dioxide</i>	Lemon & sultana scotch pancake <i>Contains gluten</i>
LUNCH <i>Water</i>	Vegetable Mince spaghetti bolognese <i>Contains egg, gluten, celery</i>	Chicken, butternut squash and apricot curry with naan bread <i>Contains sulphur dioxide, celery, gluten, milk (gluten, milk in naan only)</i> ✓ Lentil, butternut squash and apricot curry with naan bread <i>Contains sulphur dioxide, celery, gluten, milk (gluten, milk in naan only)</i>	Admiral fish pie with broccoli <i>Contains fish, dairy, celery</i> ✓ Vegetable pie with broccoli <i>Contains dairy, celery</i>	Lamb tagine with herby cous cous <i>Contains gluten, celery</i> ✓ Bean tagine with herby cous cous <i>Contains gluten, celery</i>	Turkey roast, roast potatoes, carrots & gravy <i>Contains soya</i> ✓ Quorn slices, roast potatoes, carrots & gravy <i>Contains soya</i>
PUDDING	Blackberry yoghurt <i>Contains dairy</i> ✓ Blackberry soya yogurt	Spiced sultana baked apple with custard <i>Contains egg, gluten, dairy (dairy custard only)</i> ✓ Soya desert and spiced fruit	Lemon sponge and ice cream <i>Contains egg, gluten, dairy (dairy ice cream only)</i> ✓ Lemon Sponge and soya ice cream	Peach crumble with custard <i>Contains gluten, dairy (dairy custard only)</i> ✓ soya desert	Rice pudding with banana <i>Contains dairy</i> ✓ Alternative milk
TEA <i>Milk</i>	Mini red pepper & tomato, sweet potato & fish burgers with sweetcorn <i>Contains fish, gluten</i>	Vegetable and barley broth <i>Contains celery</i>	Chicken, leek and tomato pasta <i>Contains gluten</i>	Spinach and Lactose free cheese muffins <i>Contains dairy, gluten and egg</i>	Tuna and sweetcorn sandwiches <i>Contains fish, gluten, soya, sesame seeds</i>
PUDDING	Pear and cheese <i>Contains dairy</i> ✓ fruit only	Orange and raisin loaf <i>Contains sulphur dioxide, gluten</i>	Apricot yoghurt <i>Contains dairy</i> ✓ Soya yogurt	Seasonal fruit mousse <i>Contains dairy</i> ✓ Fruit sorbet	Seasonal fruit selection

Notes

Water is available throughout the day.

Under 2s Menu

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST <i>Milk/ Water</i>	Fruit bread <i>Contains gluten, soya sesame seeds</i>	Ready brek & fruit wedges <i>Contains dairy</i>	Shreddies with apricot wedges <i>Contains gluten</i>	Weetabix & pear wedges <i>Contains gluten</i>	Banana toast <i>Contains gluten, soya, sesame seeds</i>
LUNCH <i>Water</i>	Fish and winter vegetable stew with a crusty roll <i>Contains fish, celery, gluten (gluten in bread only)</i> ✓ Bean and winter vegetable stew with a crusty roll <i>Contains celery, gluten (gluten in bread only)</i>	Lamb hotpot with broccoli florets <i>Contains gluten, celery, soya</i> ✓ Lentil hotpot with broccoli florets <i>Contains gluten, celery, soya</i>	Chicken and mushroom Risotto ✓ Tofu pieces and mushroom risotto	Turkey mince, spinach & red pepper sauce lasagne <i>Contains dairy, gluten, celery</i> ✓ Quorn mince, spinach & red pepper sauce lasagne <i>Contains, dairy, gluten, egg, celery</i>	Vegetable sausage and bean casserole with mashed potato <i>Contains gluten, dairy, egg, celery</i>
Blended	As above but blended	As above but blended	As above but blended	As above but blended	As above but blended
PUDDING	Stewed apple wedges and cinnamon with custard <i>Contains dairy</i> ✓ soya dessert	Fruit crumble and ice cream/ fruit and ice cream <i>Contains gluten, dairy (dairy in ice cream only)</i> ✓ soya free ice cream	Chocolate and orange cake with milk to drink <i>Contains gluten, egg, dairy</i> ✓ no egg, koko milk	Winter fruit wedges	Fruit sponge with custard <i>Contains dairy, sulphur dioxide</i> ✓ soya dessert
Blended	As above but blended	As above but blended	Blended plums	As above but blended	As above but blended
TEA <i>Milk</i>	Vegetable and potato bake with cherry tomatoes <i>Contains egg</i>	Tomato, cannellini bean and basil fusilli <i>Contains gluten</i>	Sweet potato and lentil soup with bread <i>Contains celery, gluten (gluten in bread only)</i>	Chicken/ Bean, roasted winter vegetable cous cous <i>Contains gluten</i>	English muffin with, cheese & tomato <i>Contains gluten, dairy, egg</i>
Blended	As above	As above but blended	As above	As above but blended	Ham/Quorn, cheese and tomato mash <i>Contains dairy, egg (egg in quorn only)</i>
PUDDING	Fruit salad wedges	Soft apple	Raisin and oat cookie <i>Contains gluten, sulphur dioxide</i>	Blueberry muffin <i>Contains dairy</i> ✓ no egg, koko milk	Flapjack <i>Contains gluten, sulphur dioxide</i>
Blended	As above but blended	As above but blended	As above but blended	As above	Apricot puree

Notes

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Meals promote baby led weaning but can be blended at parents/carers request

All fruit and vegetable is cooked to soften where necessary for baby led weaning.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST <i>Milk/ Water</i>	Fruit bread <i>Contains gluten, soya</i>	Cheerios with sultanas <i>Contains gluten (sulphur dioxide in sultanas only)</i>	Shreddies with apricots <i>Contains gluten (sulphur dioxide in apricots only)</i>	Weetabix with pear <i>Contains gluten</i>	Crumpet with banana <i>Contains gluten</i>
LUNCH <i>Water</i>	Fish and winter vegetable stew with a crusty roll <i>Contains fish, celery, gluten (gluten in bread only)</i> ✓ Bean and winter vegetable stew with a crusty roll <i>Contains celery, gluten (gluten in bread only)</i>	Lamb hotpot with broccoli <i>Contains gluten, celery, soya</i> ✓ Lentil hotpot with broccoli <i>Contains gluten, celery, soya</i>	Chicken and mushroom risotto ✓ Tofu pieces and mushroom in oregano sauce with vegetable rice <i>Contains dairy</i>	Turkey mince, spinach & red pepper sauce lasagne <i>Contains gluten, dairy, celery</i> ✓ Quorn mince, spinach & red pepper sauce lasagne <i>Contains dairy, gluten, celery, egg</i>	Vegetable sausage and bean casserole with mashed potato <i>Contains gluten, dairy, egg, celery</i>
PUDDING	Stewed apple and cinnamon with custard <i>contains dairy</i> ✓ soya desert	Fruit crumble and ice cream <i>Contains gluten, dairy</i> ✓ soya free ice cream	Chocolate and orange cake with milk <i>Contains gluten, egg, dairy</i> ✓ no egg, koko milk	Fruit Yogurt	Fruit sponge with custard <i>Contains gluten, sulphur dioxide, dairy (dairy in custard only)</i> ✓ soya desert
TEA <i>Milk</i>	Vegetable and sliced potato bake with cherry tomatoes	Tomato, cannellini bean and basil fusilli <i>Contains gluten</i>	Sweet potato, and lentil soup <i>Contains celery</i>	Chicken/ Bean, roasted winter vegetables cous cous	English muffin with cheese & tomato
PUDDING	Fruit selection	Apple slices with yoghurt dip ✓ soya yogurt	Raisin and oat biscuits <i>Contains gluten</i>	Blueberry muffin <i>Contains dairy</i> ✓ no egg, koko milk	Flapjack <i>Contains gluten, sulphur dioxide</i>

Notes

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Under 2s Menu

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST <i>Milk/ Water</i>	Weetabix with apple wedges <i>Contains gluten</i>	Toast with banana sticks <i>Contains gluten, soya, sodium dioxide</i>	Ready brek with apricot wedges <i>Contains gluten, dairy</i>	Bagel with cream cheese <i>Contains gluten, dairy</i>	Weetabix with plum wedges <i>Contains gluten</i>
LUNCH <i>Water</i>	Gnocchi in herby broad bean pesto in a tomato sauce with green beans <i>Contains gluten</i>	Turkey shepherd's pie with carrots <i>Contains gluten, egg, dairy, celery</i>	Irish lamb stew with crusty roll <i>Contains gluten in bread only</i> ✓ Lentil, stew with crusty roll <i>Contains gluten in bread only</i>	Chicken sweet and sour with rice noodles <i>Contains gluten</i>	Breaded fish, Baby boiled potatoes & peas <i>Contains gluten</i> ✓ Breaded quorn strips, Baby boiled potatoes & peas <i>Contains gluten, egg</i>
Blended	As above but blended	As above but blended	As above but blended	As above but blended	As above but blended
PUDDING	Apple/pear with yoghurt dip <i>Contains dairy</i> ✓ soya/koko yogurt	Shortbread <i>Contains gluten</i>	Stewed fruit with custard <i>Contains dairy</i> ✓ soya/koko dessert	Plums with yoghurt <i>Contains dairy</i>	Banana and custard <i>Contains dairy</i> ✓ soya desert ✓ Banana Only
Blended	As above but blended	Blackberry, apple, custard blend	Banana mash	As above but blended	As above but blended
TEA	Vegetable Fajitas <i>Contains gluten</i>	Homemade salmon and leek fishcakes with cherry tomatoes <i>Contains gluten, fish</i>	Chicken/ Bean and vegetable barley broth <i>Contains gluten, celery</i>	Boiled potatoes with Vegetable mince chilli <i>Contains gluten, egg, celery</i>	Eggy bread with homemade baked beans <i>Contains gluten, egg, celery</i> ✓ Toast and cheese
Blended	As above but blended	As above but blended	As above blended	Vegetable mince chilli mash <i>Contains gluten, egg, celery</i>	Scrambled egg and bean blend <i>Contains gluten, egg, celery</i>
PUDDING	Fruit	Raisin and oat biscuit	Fruit jelly	Cranberry scones <i>Contains gluten, sodium dioxide</i>	Seasonal fruit wedges
Blended	As above but blended	Raisin and peach puree	Fruit puree	Date and apple puree	As above

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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST <i>Milk/ Water</i>	Weetabix with apple <i>Contains gluten</i>	Toast with banana <i>Contains gluten, soya, sodium dioxide</i>	Cornflakes with raisins <i>Contains gluten, sodium dioxide (sodium dioxide in raisins only)</i>	Bagel with cream cheese <i>Contains gluten and dairy (dairy cream cheese only)</i>	Cheerios with raspberries <i>Contains gluten</i>
LUNCH <i>Water</i>	Gnocchi in herby broad bean pesto in a tomato sauce with green beans <i>Contains gluten</i>	Turkey mince shepherd's pie with carrots <i>Contains celery</i>	Irish lamb stew with crusty roll <i>Contains gluten in bread only</i> ✓ Lentil stew with crusty roll <i>Contains gluten in bread only</i>	Chicken sweet and sour with rice noodles <i>Contains gluten</i>	Breaded fish, roasted potato wedges & peas <i>Contains gluten, fish</i> ✓ Breaded Quorn strips, roasted potato wedges & peas <i>Contains gluten, egg</i>
PUDDING	Apple and pear with yogurt dip <i>Contains dairy</i> ✓ Soya/koko yogurt	Shortbread <i>Contains gluten</i>	Stewed winter fruit and custard <i>Contains dairy</i> ✓ soya desert	Plums with yoghurt <i>Contains dairy</i> ✓ Soya/koko yogurt	Banana and custard <i>Contains dairy</i> ✓ soya desert ✓ Banana Only
TEA <i>Milk</i>	Vegetable Fajitas <i>Contains gluten, dairy, egg</i>	Homemade salmon and leek fishcakes with cherry tomatoes <i>Contains gluten, fish</i>	Chicken/ Bean and vegetable barley broth <i>Contains gluten, celery</i>	Jacket potatoes with vegetable mince chilli <i>Contains gluten, egg, celery</i>	Eggy bread with homemade baked beans <i>Contains gluten, soya, sodium dioxide, egg, celery</i> ✓ Toast and cheese
PUDDING	Fruit	Raisin and oat biscuit <i>Contains gluten, sulphur dioxide</i>	Fruit Jelly	Cranberry scones <i>Contains sodium dioxide, gluten</i>	Seasonal fruit selection

Notes

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