Summer lunch menu 2021 –week 1

	Breakfast	Snack AM	Lunch served with seasonal Vegetables	Snack PM	Afternoon tea
Monday	A Selection of cereals, pancakes, croissants, fruit, brioche and breakfast bakes are available from 8am.	A selection of toast and fruit will be available	Cheesy chicken broccoli pasta bake with breadcrumb topping ⭐ Banana and Custard Potato and peas	Toasted naan bread, pear slices Soft bread and skinless soft pear	Ham or houmous sarnies with tomatoes, cucumber, crispies Greek yoghurt with honey Butternut squash and swede
Tuesday			Tuna/sweetcorn jacket potato with grated cheese and cucumber sticks ⭐ Melon medley Sweet potato and carrot	Breadsticks, houmous, pepper sticks Banana and blueberry wafers	Cheese or marmite sarnies, with pepper sticks and olives Pear and peach medley Parsnip and pea
Wednesday			Chilli con carne with white and brown rice ⭐ Greek yoghurt with strawberries Broccoli and pasta	Cucumber, melba toast and tzatziki Cucumber centre and melty sticks	Egg mayo or bread and butter sarnies with grated carrot, celery and apple Malt loaf Carrot and parsnip
Thursday			Fish cakes, wedges, sweetcorn and fine beans ⭐ Fruit yoghurt Butter bean and pepper	Crackers, cream cheese, olives Cream cheese on soft bread with softened baby corn	Sausage in a roll or cream cheese sarnies with cucumber and tomatoes Pineapple and mandarins Avocado and pasta
Friday			Jacket potato with mixed beans and cheese(V) ⭐ Fresh fruit salad Courgette and chickpea	Carrot batons, beetroot dip and oatcakes Boiled carrot batons and carrot puffs	Smoked salmon, avocado and mozzarella pasta Apricots and mango Tomato rubbed on bread

Purees, highlighted in the Blue 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. • Vegetarian options are highlighted in green. • All dishes are adapted for individual dietary requirements as necessary.