

Summer menu 2021–week 3

	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	Chicken goujons, new potatoes, peas and carrots ★ Fresh fruit salad Salmon and pasta	Cucumber, tzatziki and melba toast Cucumber centre and 'Goodies' sticks	Tomato and mushroom pasta salad Greek yoghurt with peaches Carrot and potato
Tuesday			Cheese and tomato quiche, potato wedges and salad ★ Fruit yoghurt Sweet potato and carrot	Breadsticks, houmous and pepper sticks Banana and blueberry wafers	Marmite or cheese sandwiches with celery and olives Apricots and mango Avocado and chicken
Wednesday			Courgetti spaghetti bolognaise ★ Banana and custard Broccoli and pasta	Carrot batons, cream cheese and oatcakes Boiled carrot batons and carrot puffs	Ham or houmous sarnies with tomatoes cucumber and crispies Pineapple and mandarins Butternut squash and swede
Thursday			Creamy salmon pasta with fine beans ★ Greek yoghurt with strawberries Parsnip and swede	Cracker bites, beetroot dip and pear slices Soft bread and skinless soft pear	Sausage in a roll, or cream cheese sarnies with tomatoes and peppers Malt loaf Cheesy tomato
Friday			Jacket potato filled with egg mayonnaise and cress sweetcorn (V) ★ Melon and 1/4 grapes Potato and egg	Cream crackers, butter and olives Cream cheese on soft bread with softened baby corn	Ham sandwich triangles with crispies and apple slices Petit fillous Soft bread and apple puree

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.