

Summer Menu- Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals Fruit platter Wholemeal and White toast Choice of milk or water	Choice of Cereals Fruit platter wholemeal and White toast Choice of milk or water	Choice of Cereals Fruit platter Wholemeal and White toast Choice of milk or water	Choice of Cereals Fruit platter wholemeal and White toast Choice of milk or water	Choice of Cereals Fruit platter wholemeal and White toast Choice of milk or water
Lunch	Mixed bean, peppers, mushroom, sweetcorn in a tomato and herb sauce with wholemeal pasta Fruit Yoghurt	Paprika chicken and rice Lemon cake and custard	Fresh salmon and cod fisherman's pie Summer fruit salad	Turkey meatballs in a tomato and herb sauce with spaghetti Bananas and ice cream	Quorn mince chilli con carne with baked beans and brown rice Mixed berry and apple crumble with custard
Dairy Free	Dairy free cheese for topping Dairy free yoghurt	Dairy free Custard	As above	As above Dairy free ice cream	Dairy free custard
Meat Free	As above	Lentil, chickpea and vegetables in a Paprika sauce and rice	As above	Lentil ratatouille with spaghetti	As above
Tea	Filled wholemeal pitta bread with tuna mayonnaise and lettuce, cucumber and tomato, with hummus dip. Chocolate Brownie	Jacket potatoes with grated carrot, cheese and Ham fillings Pineapple and Melon	Mini muffin pizzas with pepper, chicken and mushroom toppings Cherry shortbread	Crackers with cheese, celery, carrot and cucumber sticks, and rolls of turkey. Mango and oranges	Crumpets with Ham and cheese topping Bananas
Dairy Free Tea	As above	Dairy free cheese	Dairy free cheese	Dairy Free cheese	Dairy free cheese
Meat Free Tea	As above	Jacket potato with Baked beans	Hummus, pepper and tomato pizza	Sliced boiled egg	Chick pea and date cous cous

Dairy free diets contain products per allergy requirements i.e. soya milk. The above menu may be subject to change due to availability of food. Fresh fruit and drinking water is always available in all rooms every day.



Summer Baby Menu - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6 months old+	Choice of Cereals Fruit platter wholemeal and White toast Choice of milk or water	Choice of Cereals Fruit platter wholemeal and White toast Choice of milk or water	Choice of Cereals Fruit platter Wholemeal and White toast Choice of milk or water	Choice of Cereals Fruit platter wholemeal and White toast Choice of milk or water	Choice of Cereals Fruit platter wholemeal and White toast Choice of milk or water
Lunch 4-6 months	Potato, carrots and peas Peach	Potato and courgette Apple	Potato, carrot and cabbage Fruit salad	Potato, leek and peas Banana	Potato and spinach Pear
Lunch 6-12 months	Mixed bean , sweetcorn and red pepper pasta Yoghurt	Sweet chilli chicken and rice Pears and custard	Fisherman's pie Summer fruit salad	Turkey meatballs in tomato sauce and pasta twirls Yoghurt	Quorn mince, potatoes and peas Apple and custard
Tea 4-6 months	Potato and parsnips	Potato and carrot	Broccoli, cauliflower and peas	Butternut squash and carrots	Potato, cauliflower and peppers
Tea 6-12 months	Butternut squash, chick pea and carrot soup Banana	Jacket potato with tuna mayonnaise Plum	Baked beans on wholemeal toast Pear	Chicken supreme with rice Melon	Cheesy vegetables with chick peas Mango

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Sample Winter Menu- Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereals Fruit platter Brown and White toast Choice of milk or water	Choice of Cereals Fruit platter Brown and White toast Choice of milk or water	Choice of Cereals Fruit platter Brown and White toast Choice of milk or water	Choice of Cereals Fruit platter Brown and White toast Choice of milk or water	Choice of Cereals Fruit platter Brown and White toast Choice of milk or water
Lunch	Macaroni cheese with ham garden peas Peach slices with cream	Vege Mince Vegetarian Chilli with baked beans and brown rice Raspberry compote and Natural Yoghurt	Roast chicken with Sage and onion stuffing roast potatoes, carrots and Savoy cabbage Semolina with a chocolate swirl	Fresh Tuna and Tomato Wholemeal Pasta Bake with sweet corn Fruit Jelly and Cream	Beef and Vegetable Hotpot with red cabbage Chocolate sponge and chocolate sauce
Dairy Free	Dairy free Macaroni cheese with garden peas Peach slices	Dairy free yoghurt	Dairy free dessert	Dairy free cheese as topping. Fruit Jelly	As above Dairy free chocolate sauce
Meat Free	Macaroni cheese with Mixed beans	As above	Lentil loaf with roast potatoes, carrots and cabbage	Chickpea, pepper and sweetcorn wholemeal pasta	Lentil and barley vegetable hotpot
Tea	Butternut Squash, chick pea and carrot Soup with French stick Gingerbread	Jacket potatoes with Tuna, pepper and onion Crunch Melting moments	Baked beans on wholemeal toast Fresh Fruit	Crackers with cheese, tomato wedges, carrot, cucumber sticks and turkey rolls Fruity Tea Bread	Cheese and Ham crumpets with veg sticks Fresh fruit
Dairy Free Tea	As above	As above	As above	Dairy Free cheese used	Dairy free cheese
Meat Free Tea	As above	As above	As above	As above with egg wedge	Cheese and tomato filo parcel

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Lunch 6-12 months	Macaroni cheese with peas Peach slices	Vegetarian casserole Raspberry yoghurt	Roast chicken dinner Semolina	Tuna pasta bake with sweetcorn Jelly and Cream	Beef and vegetable hotpot Fruit salad
Tea 4-6 months	Potato and parsnips	Potato and carrot	Broccoli, cauliflower and peas	Butternut squash and carrots	Potato, cauliflower and peppers
Tea 6-12 months	Butternut squash, chick pea and carrot soup Banana	Jacket potato with tuna mayonnaise Plum	Baked beans on wholemeal toast Pear	Chicken supreme with rice Melon	Cheesy vegetables Mango

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