



MENU SAMPLE

No added sugar and no added salt

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereal served with whole milk or semi-skimmed milk (age appropriate)				
Snack	Various fresh fruit				
Lunch	Spicy Tuna, Tomato & Olivia Pasta --- Pasta Napolitana (V) (VE) --- Cabbage & Potato Puree (B)	Beef Meatballs with Rice & Mixed Veg --- Quorn Meatballs with Rice and Mixed Veg (V) (VE) --- Courgette & Sweet Potato Puree (B)	Spaghetti Bolognese with Grated Carrot --- Quorn Bolognese with Grated Carrot (V) (VE) --- Carrot & Potato Puree (B)	Prawn & Vegetable Fried Rice --- Vegetable Fried Rice (V) (VE) --- Swede & Potato Puree (B)	Lamb Stew with Potatoes & Broccoli --- Quorn Meatloaf with Potatoes & Broccoli (V) (VE) --- Broccoli & Potato Puree (B)
Snack	Various fresh fruit				
Tea	Sweet Potato Bean Burgers with Grated Carrot (V) (VE) --- Apple & Avocado Puree (B)	Scrambled Eggs on Toast --- Vegan Cheese on Toast (V) (VE) --- Pear Puree & Natural Yogurt (B)	Fish Cakes with Cucumber Sticks --- Veggie Cakes with Cucumber Sticks (V) (VE) --- Rice Pudding with Apricots (B)	Cheese, Tomato, Olive & Herby Pastry Rolls --- Same as above with vegan cheese (V) (VE) --- Apple & Peach Fool (B)	Macaroni Cheese with Breadcrumbs & Carrot Sticks --- Same as above with vegan cheese (V) (VE) --- Banana & Semolina (B)

(V) – Vegetarian Menu

(VE) – Vegan Menu

(B) – Baby Menu