

Winter Menu - Week 2

	Breakfast	Lunch	Lunch	Tea
Monday	Assorted cereals and white or wholemeal toast with seasonal fresh fruit	Jacket potato, cheese, beans and salad	Yogurt with winter fruits	Crackers with cream cheese and cherry tomato
		Tomato, pea and red pepper		
Tuesday	Assorted cereals and white or wholemeal toast with seasonal fresh fruit	Cottage pie, carrots and sprouts	Fruit salad	Tuna and cucumber pitta pockets
		Sweet potato and carrot		
Wednesday	Assorted cereals and white or wholemeal toast with seasonal fresh fruit	Cod korma, rice and naan bread	Bananas and custard	Bagels and cream cheese
		Potato, carrots and broccoli		
Thursday	Assorted cereals and white or wholemeal toast with seasonal fresh fruit	Chicken stew with winter veg	Kiwi and pineapple	Scrambled egg with avocado on toast
		Courgette, tomato and aubergine		
Friday	Assorted cereals and white or wholemeal toast with seasonal fresh fruit	Spaghetti and meatballs in tomato sauce served with garlic bread	Pear crumble and custard	Homemade soup with bread and butter
		Potato and purple cabbage		
	Water	Milk	Water	Milk/water
<p>Purees, highlighted in the orange box, 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.</p> <ul style="list-style-type: none"> • Vegetarian options are written in GREEN • All dishes are adapted for individual dietary requirements as necessary 			<p>Winter</p> <p>Here are some seasonal ingredients that are popular in this season: Beetroot, turnip, swede, butternut squash, parsnip, leek, cabbage, sprouts, winter berries, pear, kiwi, orange, apple, passionfruit, grapefruit</p>	
<p>Children under 1 will never have the following:</p> <ul style="list-style-type: none"> • cows milk • honey • low-fat foods • foods high in saturated fat <p>We will also try to ensure that they will have a mixture of white and wholegrain foods to regulate their fibre intake</p>				