

Please note: These are sample menus and are subject to change. Menu produced under the guidance of a registered nutritionist.

Stage 1: Weeks 1 & 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Potato puree	Blended rice	Carrot mash	Cauliflower mash	Sweet potato puree
Pudding	Apple puree	Banana mash	Mango puree	Fruit yoghurt ●	Blended apricot
Tea	Mashed squash	Pea puree	Parsnip puree	Celeriac mash ●	Blended rice
Pudding	Blended mandarine	Fruit yoghurt ●	Mashed apple	Pear puree	Banana smoothie ●
Stage 2: Weeks 3 & 4	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tomato with rice	Pea & potato mash	Flaked salmon & carrot ●	Pasta & tomato ●●	Spinach & red lentils
Pudding	Mashed fruit	Fruit yoghurt ●	Fruit fingers	Banana smoothie	Fruit yoghurt ●
Tea	Squash & couscous ●●	Chickpea mash with parsley	Butter bean & sweet potato mash	Rice & peas	Porridge & pear ●●◆◆◆
Pudding	Apple & pear puree	Fruit fingers	Yoghurt with fruit puree ●	Fruit yoghurt ●	Mango puree
Fresh drinking water is available throughout the day and offered regularly. Breast and formula milk will be offered to meet the child's individual routine					

● Wheat ● Gluten ● Dairy ● Eggs ● Fish ● Soya ● Celery ● Barley ● Rye ● Oat ● Sesame ● Sulphates ● Mustard ● Spelt ◆ Indicates any 'May contain' ingredients

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Stage 3: Week 1	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ● ● ● ● ● ● ● ● ● ●, Brown toast ● ● ● ● ● ● ● ● ● ●, Toasted breakfast muffin ● ● ● ● ● ● ● ● ● ●, Crumpets ● ● ● ● ● ● ● ● ● ●, Fruit platter Rice Krispies® ● ● ● ● ● ● ● ● ● ●, Cornflakes ● ● ● ● ● ● ● ● ● ●, Wheat Biscuits ● ● ● ● ● ● ● ● ● ●, Organic full fat natural yoghurt ● Served with fresh water or whole/semi skimmed milk ● (dependent on age)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Lamb & veg bolognaise with short macaroni & a sprinkle of cheese ● ● ● ● ● ● ● ● ● ●	Salmon fillets, roasted on mediterranean vegetables, served with potato mash ● ● ● ● ● ● ● ● ● ●	Chunky sweet potato, potato & garlic soup with toast fingers ● ● ● ● ● ● ● ● ● ●	Green lentils, mushrooms & polenta ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆	Tomato, turkey & spinach sugo with penne pasta ● ● ● ● ● ● ● ● ● ●
Vegetarian option	Cannellini bean & veg bolognese with short macaroni & a sprinkle of cheese ● ● ● ● ● ● ● ● ● ●	Vegetable fingers, roasted on mediterranean vegetables, served with potato mash ● ● ● ● ● ● ● ● ● ●	Chunky sweet potato, potato & garlic soup with toast fingers ● ● ● ● ● ● ● ● ● ●	Green lentils, mushrooms & polenta ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆	Tomato, red lentil & spinach sugo with penne pasta ● ● ● ● ● ● ● ● ● ●
Pudding	Yoghurt pots or coconut yoghurt ● ● ● ● ● ● ● ● ● ●	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)	Yoghurt pots or coconut yoghurt ● ● ● ● ● ● ● ● ● ●	Blueberry swirl cake (sugar free) ● ● ● ● ● ● ● ● ● ●
Tea	Lentil dhal with mixed vegetables & turmeric rice ● ● ● ● ● ● ● ● ● ●	Chicken, squash & leek pasta ● ● ● ● ● ● ● ● ● ●	Roast chicken, boiled potatoes, carrots & peas with gravy	Fish fingers with pilau rice, mixed with peas & mild spices ● ● ● ● ● ● ● ● ● ●	"Tea of the day"
Vegetarian option	Lentil dhal with mixed vegetables & turmeric rice ● ● ● ● ● ● ● ● ● ●	Squash, brown lentil & leek Pasta ● ● ● ● ● ● ● ● ● ●	Falafel, roast potato, carrots & peas with gravy	Vegetable fingers with pilau rice, mixed with peas & mild spices ● ● ● ● ● ● ● ● ● ●	"Vegetarian tea of the day"
Pudding	Fresh fruit (min 2 choices/chef's choices)	Greek yoghurt or coconut yoghurt with vanilla & mango coulis ● ● ● ● ● ● ● ● ● ●	Yoghurt pots or coconut yoghurt ● ● ● ● ● ● ● ● ● ●	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)
Rolling afternoon snack served with fresh milk ●	Easy peelers or tinned tangerine (under 2's)	Apple & Babybel ● ● ● ● ● ● ● ● ● ●	Orange slices & crackers or grissini ● ● ● ● ● ● ● ● ● ●	Cucumber sticks & cream cheese ● ● ● ● ● ● ● ● ● ●	Yoghurt pots or coconut yoghurt ● ● ● ● ● ● ● ● ● ●
Fresh drinking tap water will be available throughout the day & whole milk will be provided for 1-2 years & semi skimmed milk for 2 years & over					

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Stage 3: Week 2	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●●◆, Brown toast ●●◆◆◆◆◆, Toasted breakfast muffin ●●●◆, Crumpets ●●◆, Fruit platter Rice Krispies® ●●, Cornflakes ●●, Wheat Biscuits ●●●, Organic full fat natural yoghurt ● Served with fresh water or whole/semi skimmed milk ● (dependent on age)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Three bean chilli with parsley sour cream & couscous ●●●	Lamb hot pot with potato slices & vegetables ●	Mac & cheese style pasta with vegetable sauce & cheese ●●●	Tomato & basil risotto with fresh mozzarella ●	Cod in dill, lemon & butter sauce with new, boiled potatoes ●●
Vegetarian option	Three bean chilli with parsley sour cream & couscous ●●●	Root vegetable hot pot with potato slices ●	Mac & cheese style pasta with vegetable sauce & cheese ●●●	Tomato & basil risotto with fresh mozzarella ●	Butter beans in dill, lemon & butter sauce with new, boiled potatoes ●
Pudding	Greek yoghurt & fruit compote or coconut yoghurt fruit compote ●	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)
Tea	Fish fingers & herb rice with colourful peppers ●	Mild lentil, chickpea & vegetable curry with coriander & naan bread fingers ●●◆◆	Lamb kebabs with vegetable rice & cucumber & garlic yoghurt ●	Chicken goujons with potato & carrot mash, gravy & minty peas ●●	"Tea of the day"
Vegetarian option	Vegetable fingers & herb rice with colourful peppers	Mild lentil, chickpea & vegetable curry with coriander & naan bread fingers ●●◆◆	Lentil kebabs with vegetable rice & cucumber & garlic yoghurt ●	Falafels with potato & carrot mash, gravy & minty peas ●●	"Vegetarian tea of the day"
Pudding	Fresh fruit (min 2 choices/chef's choices)	Energy bars with dates & oats ●●●●	Apple, cinnamon & oat biscuits (sugar free) ●●●●	Strawberry & banana smoothies ●	Chef's choice
Rolling afternoon snack served with fresh milk ●	Tinned pear slices	Tangerines	Melon Fingers & grissini ●●◆◆	Carrot stix with banana	Cucumber sticks & Babybel ●
Fresh drinking tap water will be available throughout the day & whole milk will be provided for 1-2 years & semi skimmed milk for 2 years & over					

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Stage 3: Week 3	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●●●, Brown toast ●●●●●, Toasted breakfast muffin ●●●●●, Crumpets ●●●●●, Fruit platter Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●●, Organic full fat natural yoghurt ● Served with fresh water or whole/semi skimmed milk ● (dependent on age)				
	Monday	Tuesday	Wednesday	Thursday	Friday
Dinner	Wholewheat pasta bake with lemon, broccoli, cauliflower & tuna ●●●●●	Chicken, root vegetable & sweet potato stew ●	Ratatouille with kidney beans & parsley couscous ●●	Potato, butter bean & leek hotpot with garlic bread ●●●●●	Mediterranean tomatoes & salmon with courgette, spinach, pepper & lemon with brown rice ●
Vegetarian option	Wholewheat pasta bake with lemon broccoli, cauliflower & crushed chickpeas ●●●●●	Butter bean, root vegetable & sweet potato stew ●	Ratatouille with kidney beans & parsley couscous ●●	Potato, butter bean & leek hotpot with garlic bread ●●●●●	Mediterranean lentils & tomatoes with courgette, spinach, pepper & lemon with brown rice
Pudding	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)	Fresh fruit (min 2 choices/chef's choices)	Greek yoghurt or coconut yoghurt with cinnamon & fruit puree ●	Fresh fruit (min 2 choices/chef's choices)
Tea	Mild red Thai chicken curry with Asian noodles ●●●	Tricolore fusilli with homemade basil & parsley pesto & a sprinkle of cheddar cheese ●●●	Baked chicken with herb breadcrumbs, mixed vegetables & rice ●●	Turkey cottage pie with mixed vegetables, topped with creamy parsley mash	"Tea of the Day"
Vegetarian option	Mild red Thai vegetable curry with Asian noodles ●●●	Tricolore fusilli with homemade basil & parsley pesto & a sprinkle of cheddar cheese ●●●	Baked red lentil & herb fritters with mixed vegetables & rice	Brown lentil & vegetable cottage pie with creamy parsley mash	"Vegetarian tea of the day"
Pudding	Yoghurt pots or coconut yoghurt ●	Sugar free plum & oat crumble ●●●	Fresh berries with Greek yoghurt ●	Fresh fruit (min 2 choices/chef's choices)	Yoghurt pots or coconut yoghurt ●
Rolling afternoon snack served with fresh milk ●	Bananas	Pear & Babybel ●	Sliced melon	Tangerines & bread sticks ●●●●●	Cucumber sticks & carrot stix
Fresh drinking tap water will be available throughout the day & whole milk will be provided for 1-2 years & semi skimmed milk for 2 years & over					