



## Sample Menu

### Week 1 (Babies)

Breakfast is served between 8am and 8.45- Toast (white and wholemeal bread) variety of cereal to choose from also fruit available. Drinks are milk and diluted fruit juices (apple and orange).

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Banana	Rice cakes	Dried fruit	Fruit wafer	Carrot puffs
Lunch	Tuna pasta in a tomato & basil sauce	Corned beef pie, roast potatoes and vegetables	Mince dinner	Vegetable & bean hot pot	Chicken casserole
	Fruit yoghurt	Cake & custard	Angel delight	Peaches	Vermicilli
Tea	Vegetable casserole	Sausage pasta	Leek & potato soup & roll	Tuna fish pie	Vegetable risotto
	Rice pudding	Apple & banana	Fruity custard	Fromage frais	Fruit salad
Evening snack	Oat cakes	Fruit	Crackers & spread	Fruit	Dried fruit

### Week 3 (Babies)

Breakfast is served between 8am and 8.45- Toast (white and wholemeal bread) variety of cereal to choose from also fruit available. Drinks are milk and diluted fruit juices (apple and orange).

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	fruit	Fruit wafer	Banana	Rice cakes	Dried fruit
Lunch	Vegetable & bean chilli with rice	Mince pasta bolognese with garlic bread	Sausage with root vegetable mash	Sweet & sour chicken	Fish, potatoes and mushy peas
	Fromage frais	Chocolate cake & custard	Trifle	Rice pudding & jam	Lemon cake
Tea	Cheese & ham pasta	Vegetable hotpot	Vegetable soup with buttered bread	Tuna pasta bake	Leek and potato soup
	Fruit salad	Yoghurt	Banana & apple	Pureed fruit	Banana custard
Evening snack	Rice cakes	Pancakes	Carrot puffs	Malt loaf	Rice cakes