

1-3 years

MONDAY (21.06)

Tarrogon gnocchi, mushroom, cashew nuts cream

Potato, **wheat** flour, tarrogon, olive oil, mushroom, cashew cream, vegan gelatin

Vegetarian stir fry, rice noodles

Green onion, ginger, seasonal vegetables, sesame oil, garlic, rice noodle

Butterbean humus, olive, baby vegetables

Butterbean, **tahini**, rapeseed oil, olive, baby vegetables, cucumber, lemon

TUESDAY (22.06)

Chicken stroganoff, multi-grain couscous tabbouleh

Stroganof: chicken, chicken stock, **double cream**, mushroom, leek, dry apricot (**sulphite**), garlic.

Tabbouleh: **Couscous**, quinoa, tomato, cucumber, carrots, raisin (**sulphite**), chives, turmeric, parsley, coriander, bayleaf, lemon

Lentil soup, naan bread

Soup: lentil, carrot, tomato, onion, veg stock
Naan bread: **wheat flour**, **yoghurt**, baking powder, **butter**, yeast

Coconut rice pudding

Milk, coconut milk, rice, cinnamon

WEDNESDAY (23.06)

Roasted cod loin livornese, seasonal vegetables

Cod (**fish**), fish stock (**fish**), san marzano tomato, shallot, olives, rapeseed oil, parsley, lemon, potato, **milk**, **butter**, seasonal vegetables

Black bean creme soup, milk bread

Soup: black bean, onion, carrot, tomato, **butter**, **milk**, **wheat flour**
Milk bread: **Milk**, **wheat flour**, yeast, **butter**, **egg**

Tea cake, seasonal fruits

Milk, **wheat flour**, **butter**, **egg**, mixed spice, orange, vanilla, raisins (**sulphite**), dried apricot (**sulphite**), dried cherry (**sulphite**), seasonal fruits

New generation food:
fresh, cooked, delivered.
Order now: vandme.co.uk

THURSDAY (24.06)

Free range beef lasagne

Free-range beef, carrot, onion, san Marzano tomato, celery, garlic, basil, bayleaf, chicken stock, **parmigiano reggiano DoP**, **mozzarella di bufala DoP**, **butter**, **wheat flour**, **milk**, nutmeg

Courgette rice moussaka, seasonal vegetables

Courgette, **milk**, rice, tomato, **wheat flour**, onion, butter, seasonal vegetables

Twice baked cheese souffle, lightly toasted garlic bread

Milk, **wheat flour**, **egg**, **cheddar**, greek **yoghurt**, onion, bay leaf, **butter**, nutmeg, black pepper, garlic

FRIDAY (25.06)

Fisherman's pie, creamed spinach

Cod, **salmon**, leek, french beans, garlic, sweet potato, **butter**, **wheat flour**, **milk**, **fish** stock, chive, lemon, spinach

Gnocchi with pesto, seasonal vegetables

Gnocchi: potato, **wheat flour**
Pesto: **Pine nuts**, basil, **parmesan**, rapeseed oil, garlic, seasonal vegetables

Buckwheat blini, fruits compote, yoghurt

Buckwheat flour, **Wheat flour**, **ricotta**, seasonal fruits, **yoghurt**, **milk**, **egg**, yeast, **butter**

SATURDAY (26.06)

Steamed chicken meatball, rice

Chicken, onion, parsley, egg, cream, tomato, carrot, shallot, garlic, rice

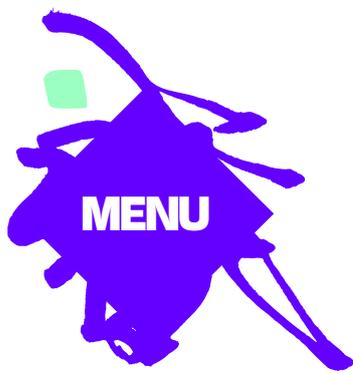
Shepherd-less pie, seasonal vegetables

Puy lentil, onion, carrot, green beans, garlic, black pepper, paprika, bay leaves, coriander, potato, **butter**, **milk**

Seasonal root cake, seasonal fruit

Carrot, parsnip, self-raising **wheat flour**, ground **almond**, raisin (**sulphite**), **walnut**, **milk**, rapeseed oil, ground mixed spice, **egg**, bicarb soda, seasonal fruit

Dishes in purple are taste adventures



7 - 12 months

MONDAY (21.06)

Tarrogon gnocchi, mushroom, cashew nuts cream

Potato, **wheat** flour, tarrogon, olive oil, mushroom, cashew cream, vegan gelatin

Vegetarian stir fry, rice noodles

Green onion, ginger, seasonal vegetables, sesame oil, garlic, rice noodle

Baby vegetables

Baby vegetables

TUESDAY (22.06)

Poached chicken, potato mash, seasonal vegetables

Chicken, chicken stock, rice, **seasonal** vegetables

Lentil soup, naan bread

Soup: lentil, carrot, tomato, onion, veg stock
Naan bread: **wheat** flour, **yoghurt**, baking powder, **butter**, yeast

Coconut rice pudding

Milk, coconut milk, rice, cinnamon

WEDNESDAY (23.06)

Poached cod, seasonal vegetables

Cod (**fish**), potato, **milk**, **butter**, seasonal vegetables

Black bean creme soup, milk bread

Soup: black bean, onion, carrot, tomato, **butter**, **milk**, **wheat** flour
Milk bread: **Milk**, **wheat** flour, yeast, **butter**, **egg**

Tea cake, seasonal fruits

Milk, **wheat** flour, **butter**, **egg**, mixed spice, orange, vanilla, raisins (**sulphite**), dried apricot (**sulphite**), dried cherry (**sulphite**), seasonal fruits

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THURSDAY (24.06)

Free range beef lasagne

Free-range beef, carrot, onion, san Marzano tomato, celery, garlic, basil, bayleaf, chicken stock, **parmigiano reggiano** DoP, **mozzarella di bufala** DoP, **butter**, **wheat** flour, **milk**, nutmeg

Courgette rice moussaka, seasonal vegetables

Courgette, **milk**, rice, tomato, **wheat** flour, onion, butter, seasonal vegetables

Steamed seasonal vegetables, fruits

Seasonal vegetables, fruits

FRIDAY (25.06)

Fisherman's pie, creamed spinach

Cod, **salmon**, leek, french beans, garlic, sweet potato, **butter**, **wheat** flour, **milk**, **fish** stock, chive, lemon, spinach

Gnocchi with pesto, seasonal vegetables

Gnocchi: potato, **wheat** flour
Pesto: **Pine nuts**, basil, **parmesan**, rapeseed oil, garlic, seasonal vegetables

Seasonal fruit compote, yoghurt

Seasonal fruits, greek **yoghurt**

SATURDAY (26.06)

Steamed chicken meatball, rice

Chicken, onion, **parsley**, **egg**, **cream**, tomato, carrot, shallot, garlic, rice

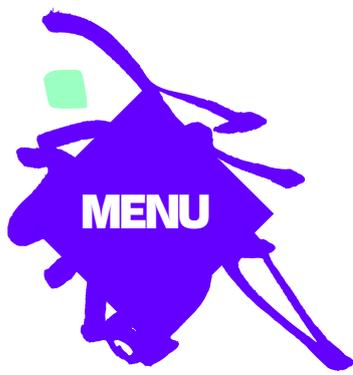
Shepherd-less pie, seasonal vegetables

Puy lentil, onion, carrot, green beans, garlic, black pepper, paprika, bay leaves, coriander, potato, **butter**, **milk**

Seasonal root cake, seasonal fruit

Carrot, parsnip, self-raising **wheat** flour, ground **almond**, raisin (**sulphite**), **walnut**, **milk**, rapeseed oil, ground mixed spice, **egg**, bicarb soda, seasonal fruit

Dishes in purple are taste adventures



1-3 years

MONDAY (28.06)

Pea and mint risotto

Arborio rice, peas, shallot, garlic, vegetable stock, **parmesan**, **butter**, mint

Lamb tagine with cous cous

Lamb shoulder, tomato puree (**sulphite**), tomato, onion, garlic, ginger, turmeric, cumin, paprika, apricots, coriander seeds, chicken stock, mint, cous cous (**wheat**), rapeseed oil, raisins (**sulphite**)

Oat crunch, greek yoghurt with fruit compote

Oat, date, **butter**, **yoghurt**, strawberry

TUESDAY (29.06)

Baked salmon, seasonal vegetables, potato

Salmon, asparagus, broccoli, potatoes, rapeseed oil, lemon, dill, yoghurt

Mac and cheese

Milk, **wheat** macaroni, **cheddar**, carrots, green beans, **butter**, **wheat** flour

Tea cake, seasonal fruits

Milk, **wheat** flour, **butter**, **egg**, mixed spice, orange, vanilla, raisins (**sulphite**), dried apricot (**sulphite**), dried cherry (**sulphite**), seasonal fruits

WEDNESDAY (30.06)

Chicken mushroom pie

Chicken, mushroom, onion, **butter**, **wheat** flour, **milk**, wholegrain mustard, black pepper

Spaghetti napolitana

Wheat spaghetti, rapeseed oil, garlic, tomato, basil

Pita, classic humus

Pita: **Wheat** flour, rapeseed oil, yeast
Humus: chickpea, lemon, garlic, **tahini**, rapeseed oil

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THURSDAY (01.07)

Egg fried rice

Rice, pak choi, carrot, water chestnuts, red pepper, garlic, ginger, chinese five spice, spring onion, coconut oil

Steamed trout, potato, carrot, dill, cauliflower

Trout, potato, carrot, dill, cauliflower, rapeseed oil

Coconut strawberry sponge cake

Flour, **butter**, **egg**, **milk**, desiccated coconut, strawberry

FRIDAY (02.07)

Gnocchi with pesto, seasonal vegetables

Gnocchi: potato, **wheat** flour
Pesto: **Pine nuts**, basil, **parmesan**, rapeseed oil, garlic, seasonal vegetables

Steamed chicken meatball, tomato sauce, rice

Chicken, onion, **parsley**, **cream**, tomato, carrot, shallot, garlic, rice

Coconut rice pudding

Milk, coconut milk, rice, cinnamon

SATURDAY (03.07)

Potato thyme waffles, creme fraiche, baked beans

Potato, **butter**, **egg**, **wheat** flour, baking powder, thyme, rapeseed oil, beans, tomato, onion, carrot, **creme fraiche**

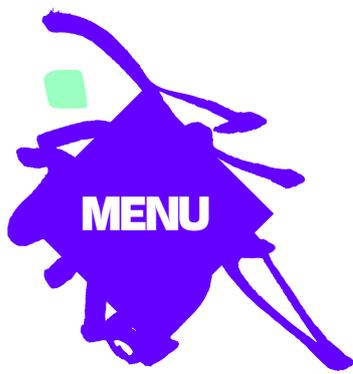
Courgette rice moussaka, seasonal vegetables

Courgette, **milk**, rice, tomato, **wheat** flour, onion, butter, seasonal vegetables

Carrot cake, seasonal fruit

Carrot, self-raising **wheat** flour, ground **almond**, raisin (**sulphite**), **walnut**, **milk**, rapeseed oil, ground mixed spice, **egg**, bicarb soda, seasonal fruit

Dishes in purple are taste adventures



7 - 12 months

MONDAY (28.06)

Pea and mint risotto

Arborio rice, peas, shallot, garlic, vegetable stock, **parmesan**, **butter**, mint

Lamb tagine with cous cous

Lamb shoulder, tomato puree (**sulphite**), tomato, onion, garlic, ginger, turmeric, cumin, paprika, apricots, coriander seeds, chicken stock, mint, cous cous (**wheat**), rapeseed oil, raisins (**sulphite**)

Apple, greek yoghurt with fruit compote

Apple, **yoghurt**, strawberry

TUESDAY (29.06)

Baked salmon, seasonal vegetables, potato

Salmon, asparagus, broccoli, potatoes, rapeseed oil, lemon, dill, yoghurt

Mac and cheese

Milk, **wheat** macaroni, **cheddar**, carrots, green beans, **butter**, **wheat** flour

Tea cake, seasonal fruits

Milk, **wheat** flour, **butter**, **egg**, mixed spice, orange, vanilla, raisins (**sulphite**), dried apricot (**sulphite**), dried cherry (**sulphite**), seasonal fruits

WEDNESDAY (30.06)

Chicken mushroom pie

Chicken, mushroom, onion, **butter**, **wheat** flour, **milk**, wholegrain mustard, black pepper

Spaghetti napolitana

Wheat spaghetti, rapeseed oil, garlic, tomato, basil

Steamed seasonal vegetables

Seasonal vegetables

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THURSDAY (01.07)

Egg fried rice

Rice, pak choi, carrot, water chestnuts, red pepper, garlic, ginger, chinese five spice, spring onion, coconut oil

Steamed trout, potato, carrot, dill, cauliflower

Trout, potato, carrot, dill, cauliflower, rapeseed oil

Seasonal fruits

Seasonal fruits

FRIDAY (02.07)

Gnocchi with pesto, seasonal vegetables

Gnocchi: potato, **wheat** flour
Pesto: **Pine nuts**, basil, **parmesan**, rapeseed oil, garlic, seasonal vegetables

Steamed chicken meatball, tomato sauce, rice

Chicken, onion, **parsley**, **cream**, tomato, carrot, shallot, garlic, rice

Coconut rice pudding

Milk, coconut milk, rice, cinnamon

SATURDAY (03.07)

Potato thyme waffles, creme fraiche, baked beans

Potato, **butter**, **egg**, **wheat** flour, baking powder, thyme, rapeseed oil, beans, tomato, onion, carrot, **creme fraiche**

Courgette rice moussaka, seasonal vegetables

Courgette, **milk**, rice, tomato, **wheat** flour, onion, butter, seasonal vegetables

Carrot cake, seasonal fruit

Carrot, self-raising **wheat** flour, ground **almond**, raisin (**sulphite**), **walnut**, **milk**, rapeseed oil, ground mixed spice, **egg**, bicarb soda, seasonal fruit

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