

1-3 years

New generation food:  
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## MONDAY (20.09)

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### Shepherd-less pie

Puy lentil, onion, carrot, parsnip, garlic, parsley, tomato, thyme, potato **butter, milk**

### Steamed chicken meatball, tomato sauce, rice

Chicken, breadcrumb (**wheat**), onion, **garlic, carrot**, tomato, carrot, thyme, bay leaf, tomato puree (**sulphite**), rice

### Oat crunch, greek yoghurt with fruit compote

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

## TUESDAY (21.09) [P]

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### Fresh pea risotto

Risotto rice, peas, shallot, nage, **parmesan, butter**

### Steamed trout, potato, carrot, dill, cauliflower

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

### Coconut strawberry sponge cake

Self raising flour, **butter, egg, milk**, desiccated coconut, strawberry

## WEDNESDAY (22.09) [V]

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### Indian dal, basmati rice

Red lentils, onion, tomato, garlic, ginger, turmeric, cumin, curry leaf, nage, **butter, rice**

### Cauliflower cheese

Cauliflower, onion, tomato, **milk, flour, butter, cheddar, breadcrumbs**

### Carrot cake, seasonal fruit

Carrot, self-raising **wheat** flour, ground **almond**, raisin (**sulphite**), **walnut, milk**, rapeseed oil, ground mixed spice, **egg**, baking powder

## THURSDAY (23.09)

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### Chicken mushroom pie

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

### Wholegrain penne napolitana

Wholegrain penne (**wheat**), tomato, tomato puree (**sulphite**), onion, carrot, **celery**, garlic, basil, **parmesan cheese**, nage, bay leaf, thyme, rapeseed oil,

### Tea cake, seasonal fruits

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

## FRIDAY (24.09) [P]

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### Baked salmon, seasonal vegetables, potato

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

### Mac and cheese

**Milk, wheat** macaroni, **cheddar**, carrots, green beans, **butter, wheat** flour, bay leaf, breadcrumb (**wheat**), **parmesan cheese**

### Pita, classic humus

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

## SATURDAY (25.09)

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### Leek potato soup, milk bread

Soup: Onion, potato, leek, nage, **butter**, garlic, bayleaf, thyme  
Milk bread: **Milk, wheat** flour, yeast, **butter, egg**

### Free range beef lasagne

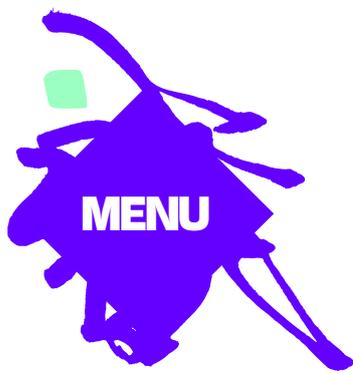
Free-range beef, carrot, onion, tomato, **celery**, garlic, bayleaf, thyme, **parmesan, mozzarella, butter, wheat** flour, **milk**, semolina, rapeseed oil

### Coconut rice pudding

**Milk**, coconut milk, rice, cinnamon

[V] Vegetarian days [Vg] Vegan days [P] Pescatarian days

Dishes in purple are taste adventures



7 - 12 months

## MONDAY (20.09)

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### Shepherd-less pie

Puy lentil, onion, carrot, parsnip, garlic, parsley, tomato, thyme, potato **butter**, **milk**

### Steamed chicken meatball, tomato sauce, rice

Chicken, breadcrumb (**wheat**), onion, **garlic**, **carrot**, tomato, carrot, thyme, bay leaf, tomato puree (**sulphite**), rice

### Apple fingers, greek yoghurt with fruit compote

Apple, **yoghurt**, strawberry

## TUESDAY (21.09) [P]

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### Fresh pea risotto

Risotto rice, peas, shallot, nage, **parmesan**, **butter**

### Steamed trout, potato, carrot, dill, cauliflower

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

### Seasonal fruit fingers

Pear, melon

## WEDNESDAY (01.09) [V]

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### Indian dal, basmati rice

Red lentils, onion, tomato, garlic, ginger, turmeric, cumin, curry leaf, nage, **butter**, rice

### Cauliflower cheese

Cauliflower, onion, tomato, **milk**, **flour**, **butter**, **cheddar**, **breadcrumbs**

### Carrot cake, seasonal fruit

Carrot, self-raising **wheat** flour, ground **almond**, raisin (**sulphite**), **walnut**, **milk**, rapeseed oil, ground mixed spice, **egg**, baking powder

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## THURSDAY (02.09)

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### Chicken mushroom pie

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

### Wholegrain penne napolitana

Wholegrain penne (**wheat**), tomato, tomato puree (**sulphite**), onion, carrot, **celery**, garlic, basil, **parmesan cheese**, nage, bay leaf, thyme, rapeseed oil,

### Tea cake, seasonal fruits

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

## FRIDAY (03.09) [P]

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### Baked salmon, seasonal vegetables, potato

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

### Mac and cheese

**Milk**, **wheat** macaroni, **cheddar**, carrots, green beans, **butter**, **wheat** flour, bay leaf, breadcrumb (**wheat**), **parmesan cheese**

### Beetroot polenta fingers

Beetroot, polenta, rapeseed oil

## SATURDAY (04.09)

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### Leek potato soup, milk bread

Soup: Onion, potato, leek, nage, **butter**, garlic, bayleaf, thyme

Milk bread: **Milk**, **wheat** flour, yeast, **butter**, **egg**

### Free range beef lasagne

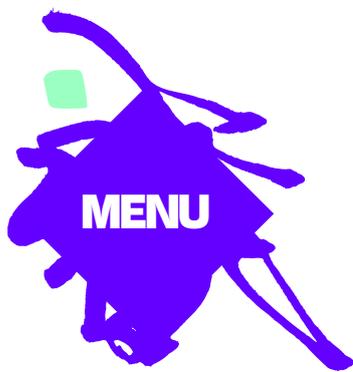
Free-range beef, carrot, onion, tomato, **celery**, garlic, bayleaf, thyme, **parmesan**, **mozzarella**, **butter**, **wheat** flour, **milk**, semolina, rapeseed oil

### Coconut rice pudding

**Milk**, coconut milk, rice, cinnamon

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## MONDAY (27.09)

### Chicken spinach fusilli

Chicken, **wheat** fusilli, **butter**, spinach, garlic, parsley, chicken stock

### Broccoli gnocchi with pesto

Gnocchi: potato, **wheat** flour, egg, broccoli

Pesto: **Pine nuts**, basil, **parmesan**, rapeseed oil, garlic

### Baked arancini, tomato pepper sauce

Arancini: risotto rice, **mozzarella**, **parmesan**, shallot, nage, **butter**

Sauce: tomato, tomato puree (**sulphite**), rapeseed oil, garlic

## TUESDAY (28.09)

### Slow cooked beef pie

Filling: Beef, onion, carrot, cauliflower, **wheat** flour, tomato paste (**sulphite**), nage, thyme, garlic, bay leaf

Pastry: **Wheat** flour, **butter**, **egg**

### Roasted tomato soup, olive and rosemary bread

Soup: Vine tomatoes, carrot, onion, celery, garlic, thyme, tomato puree (**sulphite**), parsley, bay leaf, nage

Bread: **Wheat** flour, water, olives, yeast, rosemary, rapeseed oil

### Apple compote, greek yoghurt

Apple, full fat greek **yoghurt**

## WEDNESDAY (29.09) [P]

### Chana masala, naan bread

Onion, garlic, ginger, tomato, curry powder, cumin, turmeric, nage, carrot, spinach, chickpea, coariander, **yoghurt**

Naan: **wheat** flour, baking powder, yeast

### Cullen skink with mange tout

**Haddock**, potato, **milk**, **butter**, onion, parsley, mangetout

### Vegan polenta cake, orange

Oat milk, polenta, self raising **flour**, rapeseed oil, orange, **almond**, vegan yoghurt, date, orange

## THURSDAY (30.09) [P]

### Seafood pasta, basil, tomato

Cod, salmon (**fish**), onion, carrot, garlic, tomatoes, **wheat** pasta, basil

### Potato tomato gratin with kale and spelt

Potato, **spelt** flour, tomato, onion, **butter**, kale

### Blueberry muffin, melon fingers`

**Butter**, **milk**, **wheat** flour, **egg**, blueberry, baking powder, date, melon

## FRIDAY (01.10)

### Chicken biriyani, green beans, cucumber rita

Chicken, onion, garlic, ginger, potato, tomatoes, basmati rice, raisins (**sulphite**), curry powder, chicken stock, green beans, **yoghurt**, cucumber, mint

### Courgette bake topped with pommes duchesse

Courgette, tomato, **butter**, **cheddar**, **wheat** flour, **milk**, potato, **egg**, nage, carrot

### Potato scone, Egyptian beetroot dip

Potato, self raising **wheat** flour, **butter**, beetroot, garlic, **yoghurt**, lemon, rapeseed oil

## SATURDAY (02.10) [V]

### Feta and spinach quiche

**Butter**, potato, tomatoes, spinach, feta **cheese**, oregano, wholemeal **wheat** flour, **egg**, **cream**

### Haricot beans, tomato sauce, sweet potato mash

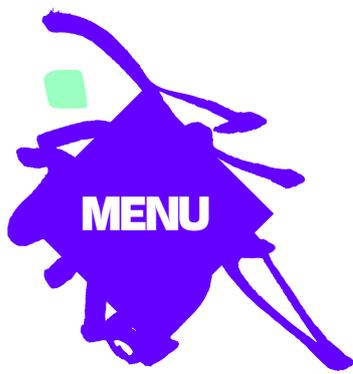
Haricot beans, onion, carrots, **celery**, garlic, thyme, bay leaf, tomato, sweet potato, rapeseed oil, chervil, kale

### Pita, squash humus

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

[V] Vegetarian days [Vg] Vegan days [P] Pescatarian days

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## MONDAY (27.09)

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### Chicken spinach fusilli

Chicken, **wheat** fusilli, **butter**, spinach, garlic, parsley, chicken stock (**celery**)

### Pommes Duchesse, pesto, broccoli

Potato, **egg**, **butter**, **broccoli**  
Pesto: **Pine nuts**, basil, **parmesan**, rapeseed oil, garlic

### Steam roasted broccoli with chopped almonds

Broccoli, **almond**, rapeseed oil

## TUESDAY (28.09)

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### Slow cooked beef pie (without pastry)

Filling: Beef, onion, carrot, cauliflower, **wheat** flour, tomato paste (**sulphite**), nage, thyme, garlic, bay leaf

### Roasted tomato soup, olive and rosemary bread

Soup: Vine tomatoes, carrot, onion, celery, garlic, thyme, tomato puree (**sulphite**), parsley, bay leaf, nage  
Bread: **Wheat** flour, water, olives, yeast, rosemary, rapeseed oil

### Apple compote, greek yoghurt

Apple, full fat greek **yoghurt**

## WEDNESDAY (29.09) [P]

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### Chana masala, naan bread

Onion, garlic, ginger, tomato, curry powder, cumin, turmeric, nage, carrot, spinach, chickpea, coariander, **yoghurt**  
Naan: **wheat** flour, baking powder, yeast

### Cullen skink with mange tout

**Haddock**, potato, **milk**, **butter**, onion, parsley, mangetout

### Vegan polenta cake, orange

Oat milk, polenta, self raising **flour**, rapeseed oil, orange, **almond**, vegan yoghurt, date, orange

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## THURSDAY (30.09) [P]

---

### Seafood pasta, basil, tomato

Cod, salmon (**fish**), onion, carrot, garlic, tomatoes, **wheat** pasta, basil

### Potato tomato gratin with kale and spelt

Potato, **spelt** flour, tomato, onion, **butter**, kale

### Blueberry muffin, melon fingers`

**Butter**, **milk**, **wheat** flour, **egg**, blueberry, baking powder, date, melon

## FRIDAY (01.10)

---

### Chicken biriyani, green beans, cucumber rita

Chicken, onion, garlic, ginger, potato, tomatoes, basmati rice, raisins (**sulphite**), curry powder, chicken stock, green beans, **yoghurt**, cucumber, mint

### Courgette bake topped with pommes duchesse

Courgette, tomato, **butter**, **cheddar**, **wheat** flour, **milk**, potato, **egg**, nage, carrot

### Steamed seasonal vegetable and fruits

Green bean, red pepper, mango

## SATURDAY (02.10) [V]

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### Feta and spinach quiche

**Butter**, potato, tomatoes, spinach, feta **cheese**, oregano, wholemeal **wheat** flour, **egg**, **cream**

### Haricot beans, tomato sauce, sweet potato mash

Haricot beans, onion, carrots, **celery**, garlic, thyme, bay leaf, tomato, sweet potato, rapeseed oil, chervil, kale

### Carrot with cardamon

Carrot, cardamon

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