

1-3 years

MONDAY (22.11) [V]

Indian dal, basmati rice

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

Pizza with seasonal topping

Flour, yeast, tomato puree (**sulphite**), tomato, **cheese**, olives, rapeseed oil

Carrot cake, seasonal fruit

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

TUESDAY (23.11)

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

WEDNESDAY (24.11) [P]

Butternut squash risotto

Risotto rice, butternut squash, shallot, nage, **parmesan**, **butter**

Cod goujons with oven baked chips, tomato sauce

Cod, breadcrumbs (**wheat**), **egg**, **flour**, rapeseed oil, potato, carrot, tomato

Coconut strawberry sponge cake

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

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

THURSDAY (25.11) [P]

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

FRIDAY (26.11)

Chicken mushroom pie

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

Cauliflower cheese

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

Tea cake, seasonal fruits

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

SATURDAY (27.11)

Shepherd-less pie

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

Steamed chicken meatball, tomato sauce, rice

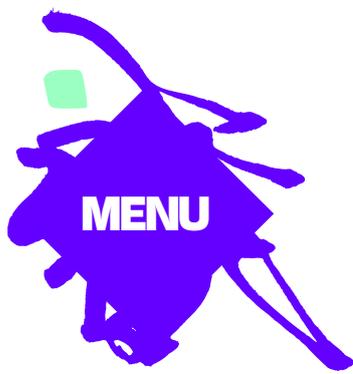
Chicken, breadcrumb (**wheat**), onion, garlic, carrot, tomato, thyme, bay leaf, tomato puree (**sulphite**), rice

Oat crunch, greek yoghurt with fruit compote

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

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

Dishes in purple are taste adventures



7 - 12 months

MONDAY (22.11) [V]

Indian dal, basmati rice

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

Pizza with seasonal topping

Flour, yeast, tomato puree (**sulphite**), tomato, **cheese**, olives, rapeseed oil,

Carrot cake, seasonal fruit

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

TUESDAY (23.11)

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

WEDNESDAY (24.11) [P]

Butternut squash risotto

Risotto rice, butternut squash, shallot, nage, **parmesan**, **butter**

Cod goujons with oven baked chips, tomato sauce

Cod, **breadcrumbs** (**wheat**), **egg**, **flour**, rapeseed oil, potato, carrot, tomato

Seasonal fruits

Pear, **melon**

New generation food:
fresh, cooked, delivered.

Order now: vandme.co.uk

THURSDAY (25.11) [P]

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

FRIDAY (26.11)

Chicken mushroom pie

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

Cauliflower cheese

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

Tea cake, seasonal fruits

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

SATURDAY (27.11)

Shepherd-less pie

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

Steamed chicken meatball, tomato sauce, rice

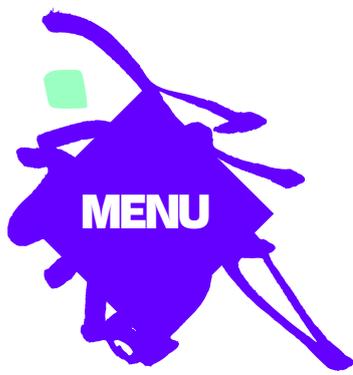
Chicken, **breadcrumb** (**wheat**), **onion**, **garlic**, **carrot**, tomato, carrot, thyme, bay leaf, tomato puree (**sulphite**), rice

Apple fingers, greek yoghurt with fruit compote

Apple, **yoghurt**, strawberry

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

Dishes in purple are taste adventures



1-3 years

MONDAY (29.11)

Oven baked chicken bites, sweet potato wedges, broccoli

Chicken, rapeseed oil, breadcrumbs (wheat), parmesan, sweet potato, tomato, carrot, milk, egg, broccoli

Vegetarian lasagne

Onion, garlic, thyme, bay leaf, tomato, tomato puree (sulphite), courgette, aubergine, spinach, pepper, milk, butter, flour, semolina

Baked arancini, tomato sauce

Arancini: risotto rice, mozzarella, parmesan, shallot, nage, butter
Sauce: tomato, tomato puree (sulphite), rapeseed oil, garlic

TUESDAY (30.11)

Slow cooked beef pie, brussel sprouts & chestnuts

Filling: Beef, onion, carrot, cauliflower, wheat flour, tomato paste (sulphite), nage, thyme, garlic, bay leaf
Pastry: Wheat flour, butter, egg, brussel sprouts, chestnut

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 (01.12) [P]

Pumpkin marrow cheese bake

Onion, garlic, pumpkin, marrow, butter, flour, milk, tomato, breadcrumbs (wheat), cheddar cheese

Cullen skink with mange tout

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

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

Vegan polenta cake, orange

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

THURSDAY (02.12) [P]

Seafood farfelle, basil, tomato, mediterranean vegetables

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

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 (03.12)

Chicken spinach fusilli, cauliflower

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

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 (04.12)

Feta and spinach quiche, roasted squash

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

Haricot beans, tomato sauce, sweet potato mash

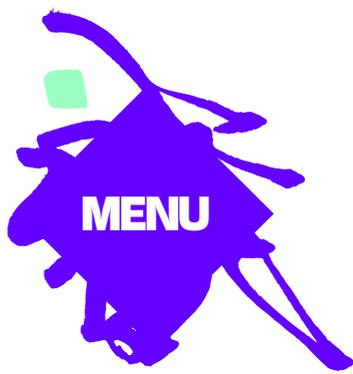
Haricot beans, onion, carrots, celery, garlic, thyme, bay leaf, tomato, sweet potato, rapeseed oil, chervil, kale

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

Dishes in purple are taste adventures



7 - 12 months

MONDAY (29.11)

Oven baked chicken bites, sweet potato wedges, broccoli

Chicken, rapeseed oil, breadcrumbs (wheat), parmesan, sweet potato, tomato, carrot, milk, egg, broccoli

Vegetarian lasagne

Onion, garlic, thyme, bay leaf, tomato, tomato puree (sulphite), courgette, aubergine, spinach, pepper, milk, butter, flour, semolina

Steam roasted broccoli with chopped almonds

Broccoli, almond, rapeseed oil

TUESDAY (30.11)

Slow cooked beef pie filling, brussel sprouts & chestnuts

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

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 (01.12) [P]

Pumpkin marrow cheese bake

Onion, garlic, pumpkin, marrow, butter, flour, milk, tomato, breadcrumbs (wheat), cheddar cheese

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

New generation food:
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THURSDAY (02.12) [P]

Seafood pasta, basil, tomato, mediterranean vegetables

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

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 (03.12)

Chicken spinach fusilli, cauliflower

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

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 (04.12) [V]

Feta and spinach quiche, roasted squash

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

Haricot beans, tomato sauce, sweet potato mash

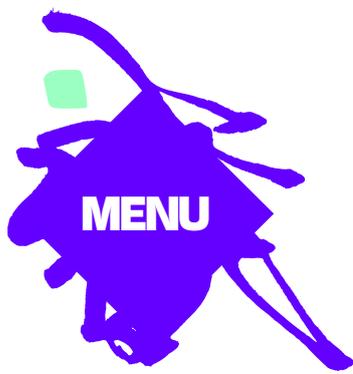
Haricot beans, onion, carrots, celery, garlic, thyme, bay leaf, tomato, sweet potato, rapeseed oil, chervil, kale

Carrot with cardamon

Carrot, cardamon

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

Dishes in purple are taste adventures



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

Storage instructions

Put in the fridge as soon as you receive the food unless consumed immediately. Please consume within 3 days. Please consume any rice dish within 24 hours and do not reheat more than once.

Reheating suggestions (depends on your individual appliances)

Soups, stir fry, pasta, curries, beans and rice dishes are suitable for microwave (without the lid) or can be reheated on the hob (with a splash of water or a spray of oil if necessary). Gnocchi is best reheated on the hob with a spray of oil. Risotto is best reheated on the hob with a touch of butter.

Lasagne, pies, bakes, croquettes, chicken bites, fish goujons, omelette or anything that comes in a tin foil container is best reheated in the oven, covered with foil, 180C for 10-15 minutes (with a splash of water or a spray of oil if necessary). Please take the content out of the tin container if using microwave. Quiche can be enjoyed warm or cold.

Fish dishes are best consumed immediately. Use oven with a spray of oil otherwise.

Breads, souffles, blinis and waffles can be enjoyed warm or cold. Use oven (160-180C) for 2-3 minutes to reheat if enjoying warm (watch not to burn). Coconut rice pudding is best reheated on the hob with a splash of water.

Always reheat until food is piping hot (>75C). Always check the temperature before serving.

Consumption notes

Please ensure your baby / toddler is sitting down while eating.

While every care has been taken to remove bones, please use caution when eating fish dishes as they may contain fish bones.

Cooked in a facility that also handles all allergens. Consume at your own risk.

Top tips on feeding young children (we know you are probably doing them already!)

Make sure they are sitting comfortably (no dangling feet) and are not too tired or full. Having regular intervals between meals may help.

A relaxed environment with no pressure is the best for them to explore new food and tastes. Mess is good!

Try to eat with them if you can: Role modelling is the best way for them to learn.

Food consumption varies naturally so don't worry if they are eating "too much" or "too little" during one meal or day, looking at their food intake during a whole week is more helpful.

Repeated exposure to a wide variety is the key to preventing fussy eating and ensuring optimal nutrition. Patience does pay off!