

1-3 years

MONDAY (29.11)

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

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]

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**

New generation food:
fresh, cooked, delivered.
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Baked arancini, tomato sauce

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

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

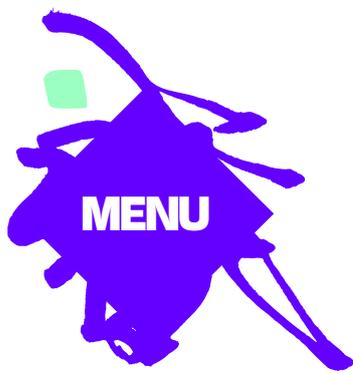
Haricot beans, onion, carrots, **celery**, garlic, thyme, bay leaf, tomato, sweet potato, rapeseed oil, chervil, kale

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)

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

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]

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

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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

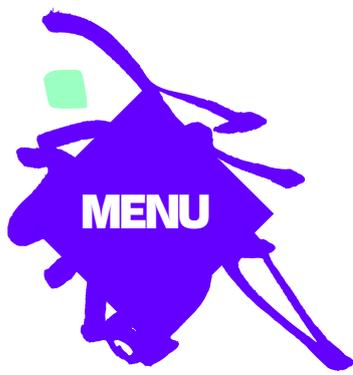
Haricot beans, onion, carrots, **celery**, garlic, thyme, bay leaf, tomato, sweet potato, rapeseed oil, chervil, kale

Carrot with cardamon

Carrot, cardamon

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

Dishes in purple are taste adventures



1-3 years

MONDAY (06.12) [V]

Baked vegetable croquettes, parsnip

Flour, milk, butter, carrot, cheese, wheat breadcrumbs, parsnip

Vegetarian meatballs with courgette and spaghetti

Kidney beans, mushroom, brown rice, nage, rapeseed oil, onion, garlic, wheat flour, cheddar, parmesan, bread crumbs, carrot, tomato, tomato puree (sulphite), wheat spaghetti, courgette, butter

Spinach feta muffin

Egg, wheat flour, spinach, feta cheese, baking powder, milk

TUESDAY (07.12)

Irish lamb stew

Free range lamb, onion, garlic, carrot, garlic, thyme, bay leaves, spelt flour, rapeseed oil, potato, lamb stock, tomato puree (sulphite)

Courgette rice moussaka with carrot

Courgette, milk, butter, rice, tomato, wheat flour, onion, butter, nage, bay leaf, carrot, cumin

Nigerian plantain muffins, seasonal fruits

Plantain, egg, baking powder, vanilla extract, mixed spice, milk, melon, pear

WEDNESDAY (08.12) [P]

Seasonal vegetable crumbles

Beetroot, carrot, onion, squash, kale, cauliflower, parsley, butter, wheat flour, milk, cheddar, oats
butter, egg

Baked cod, potato and kale hash

Cod, kale, potato, shallot, garlic, carrot, thyme

Bread stick, seasonal vegetables dip

Wheat flour, yeast, seasonal vegetable

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THURSDAY (09.12) [P]

Fisherman's pie, creamed spinach

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

Spanish omelette, roasted marrow

Potato, butter, onion, pepper, egg, parsley, rapeseed oil, marrow

Goji bowl, melon fingers

Seasonal fruits, goji berries, greek yoghurt, melon

FRIDAY (10.12)

Cornish pasty

Flour, butter, vegetable suet, beef, potato, carrot, onion, egg, nage

Jerusalem artichoke soup, milk bread

Soup: jerusalem artichoke, onion, garlic, nage, butter

Milk bread: Milk, wheat flour, yeast

Baby vegetables, butterbean humus

Butterbean, lemon, garlic, tahini, rapeseed oil, baby vegetables

SATURDAY (11.12)

Chicken tomato rice, pak choi

Chicken, onion, rice, tomato, nage, ginger, garlic, pak choi

Seasonal mushroom sauce with pasta penne

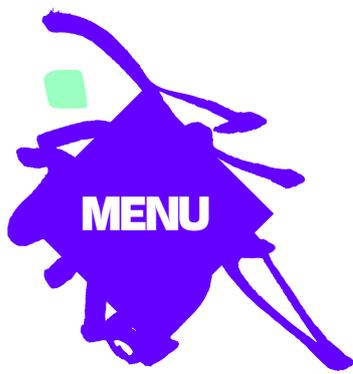
Seasonal mushroom, flour, semolina, rapeseed oil, onion, parsley, cream

Guacamole, pita

Avocado, pepper, lemon, mascarpone cheese
Pita: Wheat flour, yeast, rapeseed oil

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

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7 - 12 months

MONDAY (06.12) [V]

Baked vegetable croquettes, parsnip

Flour, milk, butter, carrot, cheese, wheat breadcrumbs, parsnip

Vegetarian meatballs with courgette and spaghetti

Kidney beans, mushroom, brown rice, nage, rapeseed oil, onion, garlic, wheat flour, cheddar, parmesan, bread crumbs, carrot, tomato, tomato puree (sulphite), wheat spaghetti, courgette, butter

Yoghurt with seasonal fruit fingers

Greek yoghurt, seasonal fruit

TUESDAY (07.12)

Irish lamb stew

Free range lamb, onion, garlic, carrot, garlic, thyme, bay leaves, spelt flour, rapeseed oil, potato, lamb stock, tomato puree (sulphite)

Courgette rice moussaka with carrot

Courgette, milk, butter, rice, tomato, wheat flour, onion, butter, nage, bay leaf, carrot, cumin

Nigerian plantain muffins, seasonal fruits

Plantain, egg, baking powder, vanilla extract, mixed spice, milk, melon, pear

WEDNESDAY (08.12) [P]

Seasonal vegetable crumbles

Beetroot, carrot, onion, squash, kale, cauliflower, parsley, butter, wheat flour, milk, cheddar, oats
butter, egg

Baked cod, potato and kale hash

Cod, kale, potato, shallot, garlic, carrot, thyme

Seasonal fruits and vegetables fingers

Mango, carrot

New generation food:
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THURSDAY (09.12) [P]

Fisherman's pie, creamed spinach

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

Spanish omelette, roasted marrow

Potato, butter, onion, pepper, egg, parsley, rapeseed oil, marrow

Goji bowl, melon fingers

Seasonal fruits, goji berries, greek yoghurt, melon

FRIDAY (10.12)

Cornish pasty

Flour, butter, vegetable suet, beef, potato, carrot, onion, egg, nage

Jerusalem artichoke soup, milk bread

Soup: jerusalem artichoke, onion, garlic, nage, butter

Milk bread: Milk, wheat flour, yeast

Spinach shallot hash

Potato, shallot, spinach, rapeseed oil

SATURDAY (11.12)

Chicken tomato rice, pak choi

Chicken, onion, rice, tomato, nage, ginger, garlic, pak choi

Seasonal mushroom sauce with pasta penne

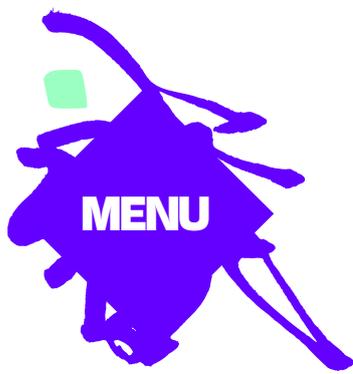
Seasonal mushroom, flour, semolina
rapeseed oil, onion, parsley, cream

Seasonal veggie bread finger

Seasonal veg, wheat flour, yeast, rapeseed oil, egg

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

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New generation food:
fresh, cooked, delivered.
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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!