

1-3 years

New generation food:
fresh, cooked, delivered.
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MONDAY (17.01)

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**

TUESDAY (18.01) [P]

Baked cod, **potato and kale hash**

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

Spanish omelette, roasted marrow

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

Bread stick, seasonal vegetables dip

Wheat flour, yeast, carrot

WEDNESDAY (19.01) [V]

Shakshuka with flat bread

Red onion, garlic, tomato, **egg**, cumin, coriander, **flour**, rapeseed oil

Carrot and coriander soup, corn bread

Onion, garlic, carrot, fennel, parsley, coriander, thyme, **butter**, cornmeal, **flour**, baking powder, **egg**, **milk**, lemon

Coconut rice pudding

Milk, coconut milk, rice, cinnamon

THURSDAY (20.01)

Oven baked chicken bites, sweet potato wedges, broccoli

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

Seasonal mushroom sauce with pasta penne

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

Goji bowl, melon fingers

Seasonal fruits, goji berries, **greek** yoghurt, **melon**

FRIDAY (21.01) [P]

Baked salmon, seasonal vegetables, potato

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

Cauliflower cheese

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

Sweetcorn fritters

Sweetcorn, chervil, onion, **milk**, baking powder, **flour**

SATURDAY (22.01)

Cottage pie with roasted winter vegetables

Potato, **milk**, **butter**, free range beef, onion, carrot, thyme, tomato puree (**sulphite**), parsnip, carrot, swede

Indian dal, basmati rice

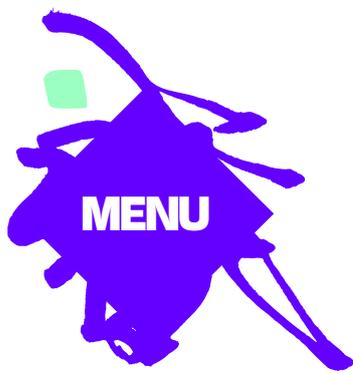
Red lentils, onion, tomato, garlic, ginger, turmeric, cumin, curry leaf, nage, **butter**, rice

Guacamole, pita

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

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

Dishes in purple are taste adventures



7 - 12 months

MONDAY (17.01)

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**

TUESDAY (18.01) [P]

Baked cod, **potato and kale hash**

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

Spanish omelette, roasted marrow

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

Seasonal fruits and vegetables

Mango, pepper

WEDNESDAY (19.01) [V]

Shakshuka with flat bread

Red onion, garlic, tomato, **egg**, cumin, coriander, **flour**, rapeseed oil

Carrot and coriander soup, corn bread

Onion, garlic, carrot, fennel, parsley, coriander, thyme, **butter**, cornmeal, **flour**, baking powder, **egg**, **milk**, lemon

Coconut rice pudding

Milk, coconut milk, rice, cinnamon

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Oven baked chicken bites, sweet potato wedges, broccoli

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

Seasonal mushroom sauce with pasta penne

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

Goji bowl, melon fingers

Seasonal fruits, goji berries, **greek yoghurt**, **melon**

FRIDAY (21.01) [P]

Baked salmon, seasonal vegetables, potato

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

Cauliflower cheese

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

Sweetcorn fritters

Sweetcorn, chervil, onion, **milk**, baking powder, **flour**

SATURDAY (22.01)

Cottage pie with roasted winter vegetables

Potato, **milk**, **butter**, free range beef, onion, carrot, thyme, tomato puree (**sulphite**), parsnip, carrot, swede

Indian dal, basmati rice

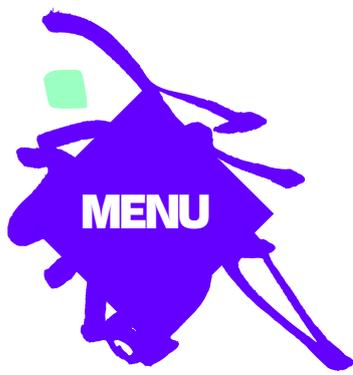
Red lentils, onion, tomato, garlic, ginger, turmeric, cumin, curry leaf, nage, **butter**, rice

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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1-3 years

MONDAY (24.01) [P]

Carrot and mixed pepper risotto

Shallot, garlic, thyme, carrot, parsley, fennel, peppers, **parmesan cheese**, **mascarpone cheese**

Cod and butter bean casserole

Onion, garlic, tomato, thyme, butter bean, **cod**, carrot, parsley, courgette, cumin, paprika

Coconut strawberry sponge cake

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

TUESDAY (25.01)

Romanesco and potato dauphinoise

Cream, thyme, garlic, potato, romanesco, chervil, **parmesan cheese**

Steamed chicken meatball, tomato sauce, rice

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

Tea cake, seasonal fruits

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

WEDNESDAY (26.01)

Braised beef and parsnip ragout

Onion, carrot, thyme, garlic, parsnip, beef, parsley, spinach

Vegan sausage roll, apricot ketchup

Flour, vegan suet, vegan butter, swede, spinach, apricot, apple cider vinegar, onion, garlic, chervil

Vegan polenta cake, orange

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

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THURSDAY (27.01)

Cornish pasty

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

Leek potato soup, milk bread

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

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

Baby vegetables, butterbean humus

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

FRIDAY (28.01) [V]

Wholegrain penne napolitana

Wheat farfalle, rapeseed oil, garlic, tomato, basil

Seasonal vegetable crumbles

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

Carrot cake, seasonal fruit

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

SATURDAY (29.01) [P]

Orzo pasta, green lentils, broccoli and tomato

Onion, garlic, tomato, orzo pasta, green lentils, broccoli, chervil

Salmon goujons with oven baked chips, house made tomato ketchup, green beans

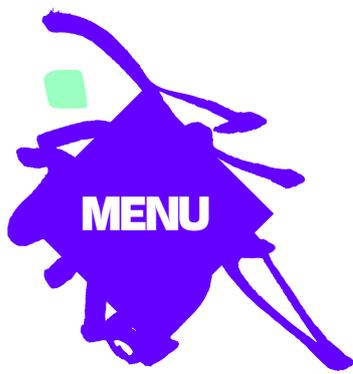
Salmon, breadcrumbs (wheat), egg, flour, rapeseed oil, potato, carrot, tomato, green bean

Sweet potato and goji berry cookies

Sweet potato, goji berry, almond, coconut, date, flour, banana, rapeseed oil, baking powder

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

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7 - 12 months

MONDAY (24.01) [P]

Carrot and mixed pepper risotto

Shallot, garlic, thyme, carrot, parsley, fennel, peppers, **parmesan cheese**, **mascarpone cheese**

Cod and butter bean casserole

Onion, garlic, tomato, thyme, butter, bean, **cod**, carrot, parsley, courgette, cumin, paprika

Coconut strawberry sponge cake

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

TUESDAY (25.01)

Romanesco and potato dauphinoise

Cream, thyme, garlic, potato, romanesco, chervil, **parmesan cheese**

Steamed chicken meatball, tomato sauce, rice

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

Tea cake, seasonal fruits

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

WEDNESDAY (26.01)

Braised beef and parsnip ragout

Onion, carrot, thyme, garlic, parsnip, beef, parsley, spinach

Vegan sausage roll, apricot ketchup

Flour, vegan suet, vegan butter, swede, spinach, apricot, apple cider vinegar, onion, garlic, chervil

Vegan polenta cake, orange

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

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THURSDAY (27.01)

Cornish pasty

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

Leek potato soup, milk bread

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

Baby vegetables

Baby vegetables

FRIDAY (28.01) [V]

Wholegrain penne napolitana

Wheat farfalle, rapeseed oil, garlic, tomato, basil

Seasonal vegetable crumbles

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

Carrot cake, seasonal fruit

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

SATURDAY (29.01) [P]

Orzo pasta, green lentils, broccoli and tomato

Onion, garlic, tomato, orzo pasta, green lentils, broccoli, chervil

Salmon goujons with oven baked chips, house made tomato ketchup, green beans

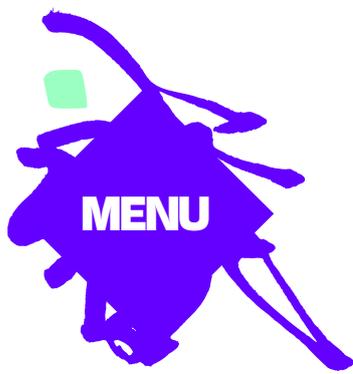
Salmon, **breadcrumbs (wheat)**, **egg**, **flour**, rapeseed oil, potato, carrot, tomato, green bean

Sweet potato and goji berry cookies

Sweet potato, goji berry, **almond**, coconut, date, **flour**, banana, rapeseed oil, baking powder

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

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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!