

MENU – 2 – 5YR OLDS

MONDAY

Chicken stew made with fresh chicken breasts, served with rice and fresh veg.

Fresh fruit

Juice

TUESDAY

Noodles served with chopped chicken breast.

Pudding

Juice

WEDNESDAY

Savoury beef mince served with mash and fresh veg.

Fresh fruit

Juice

THURSDAY

Fish fingers and mash served with gravy.

Pudding

Juice

FRIDAY

Spaghetti bolognaise with hidden fresh veg.

Fresh fruit

Juice

MENU – UNDER 2YR OLDS

BABIES – UP TO 9MTHS OLD

Mash of the day with two fresh veg.

TODDLERS – 9MTHS TO 2YRS OLD

Main meal of the day served with mash (no rice).

All meals include at least two fresh vegetables from the list below:

| | | |
|-----------|--------------|-------------|
| Carrots | Gem Squash | Baby Marrow |
| Broccoli | Cauliflower | Spinach |
| Butternut | Sweet potato | Mixed veg |

Mash variety includes:

| | |
|--------------|--------------|
| Plain potato | Sweet potato |
|--------------|--------------|

The following is mixed with the above mash:

| | | | |
|------------|-----------|---------|---------|
| Gem squash | Butternut | Marrows | Carrots |
|------------|-----------|---------|---------|

Puddings include:

| | | |
|---------------------|-------------------|-------------------|
| Plain jelly | Jelly and yoghurt | Jelly and custard |
| Jelly and ice cream | Plain Ice cream | |