

All main meals are homemade. Water and milk is offered at all meal times. Drinking water is available throughout the day in the children's rooms. These menus are for children who are starting to introduce solid foods, they should be used for children 6-7 months and then transferred onto our hot menus.

### Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Porridge oats	Weetabix with apricots	Weetabix made with Natural Yoghurt	Weetabix	Porridge oats with Pear
<b>Lunch</b>	Broccoli and salmon (Broccoli FF)	Carrots and parsnip (Carrots FF)	Courgette and kidney beans (Banana FF)	Pork and white cabbage (Pork FF)	Spinach, aubergine and Pasta (Pasta FF)
<b>High Tea</b>	Potatoes and parsnip with cottage cheese. (Parsnip FF)	Peppers and potatoes (Peppers FF)	Cabbage and cauliflower with Cottage Cheese (Cauliflower FF)	Sweet Potato and carrots (Carrots FF)	Courgette and potatoes (Banana FF)

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## Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Weetabix made with Natural Yoghurt	Porridge oats with (Banana FF)	Weetabix	Weetabix made with Natural Yoghurt	Weetabix
<b>Lunch</b>	Cannellini beans and carrots (Pasta FF)	Chicken and peppers (Pepper FF)	Pinto beans and aubergine (Cous Cous FF)	Salmon and carrots (Carrots FF)	Sweet Potatoes and cabbage (Cabbage FF)
<b>High Tea</b>	Broccoli and sweet potato (Broccoli FF)	Carrots and swede (Carrots FF)	Parsnip and courgette (Parsnip FF)	Potato and mushy peas (Pasta FF)	Spinach and Potato (Banana FF)

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### Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Porridge Oats (Pineapple FF)	Weetabix with Natural Yoghurt	Weetabix	Porridge Oats	Weetabix (Banana FF)
<b>Lunch</b>	Tuna and aubergine (Pasta FF)	Cauliflower and carrots (Cauliflower FF)	Red lentils and courgettes (Courgette FF)	Leeks and lamb with pear barley (Lamb FF)	Sweet potato and haricot beans (Sweet Potato FF)
<b>High Tea</b>	Broccoli and sweet potatoes (Broccoli FF)	Potatoes and mushy peas (Banana FF)	Red cabbage and swede (Swede FF)	Carrot and parsnip (Carrot FF)	Kidney beans and parsnip (Parsnip FF)

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### Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Weetabix (Banana FF)	Weetabix with Natural Yoghurt	Porridge oats	Weetabix (Banana FF)	Porridge oats
<b>Lunch</b>	Carrots and sweet potato with cannellini beans (Carrots FF)	Chickpeas and courgette (Pasta FF)	Cabbage and broccoli (Broccoli FF)	Beef and carrots with lentils (Carrots FF)	Courgette and leeks (Leeks FF)
<b>High Tea</b>	Broccoli and potatoes Cottage Cheese (Broccoli FF)	Sweet potato and cauliflower with cottage cheese. (Cauliflower FF)	Spinach and carrots (Carrots FF)	Potato and broad beans (Pasat FF)	Chickpeas and sweet potato (Sweet Potato FF)