

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.

Autumn/Winter complimentary feeding menu Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix made with Natural Yoghurt	Porridge oats	Weetabix	Porridge Oats	Weetabix made with natural yoghurt.
Lunch	Salmon and broccoli	Carrots and swede	Kidney beans and sweet potato	Pork and potato	Spinach and cauliflower
High Tea	Sweet Potatoes and parsnip	Potatoes and courgettes	Cabbage and cauliflower with cottage cheese	Carrots and courgettes	Carrots and potatoes

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Autumn/Winter complimentary feeding menu Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge Oats	Weetabix made with Natural Yoghurt	Weetabix	Porridge Oats	Weetabix
Lunch	Butterbeans and swede	Potatoes and cannellini beans	Pinto beans and sweet potatoes	Salmon and potatoes with cottage cheese	Potatoes and green beans
High Tea	Broccoli and peas	Carrots and swede	Parsnip and green beans	Cauliflower and red cabbage	Spinach and sweet potato

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Autumn/Winter complimentary feeding menu Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge Oats	Weetabix	Weetabix with natural Yoghurt	Weetabix	Porridge Oats
Lunch	Kale and salmon	Cauliflower and turkey	Courgettes and haricot beans	Lamb and carrots	Sweet potato and kidney beans
High Tea	Broccoli and sweet potato with cottage cheese	Parsnip and potato	Red cabbage and peas	Potato and swede	Parsnip and carrots

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Autumn/Winter complimentary feeding menu Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetabix	Weetabix made with Natural Yoghurt	Porridge Oats	Weetabix	Weetabix made with Natural Yoghurt
Lunch	Carrots and sweet potato	Green cabbage and chickpeas	Carrots and cauliflower	Beef and carrots	Chickpeas and courgette
High Tea	Broccoli and potatoes	Mackerel and potatoes	Spinach and broccoli	Broad beans and potatoes	Sweet Potatoes and peas