

Healthy Eating Menu

Week 1



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Buffet Breakfast	Buffet Breakfast	Buffet Breakfast	Buffet Breakfast	Buffet Breakfast
Spaghetti Bolognese (G)	Chicken Chow Mein (E,G)	Fish Pie with vegetables (F,G)	Sausage and Bean Casserole (G)	Moroccan Chickpea Tagine (V)
Lemon Blueberry Delight (D)	Sticky Orange Potato Cake	Apricot Oat Flapjacks	Fruit Pudding with Custard (G)	Greek Yoghurt and Fruit (D)
Cauliflower Cheese Soup with croutons (V) (D,G)	Wholewheat Pizza (V) (G)	Cajun Baked Beans on toast (V) (E,G)	Sandwiches and Salad (D,G)	Marmite Muffins with Cheese (V) (D,G)
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Buffet Breakfast is Toast, Cereal, Porridge & Fruit (D,G,V).
Water available throughout the day.
Choice of water or milk with meals.

D = contains Dairy
F = contains Fish
V = suitable for vegetarians

E = contains Egg
G = contains Gluten

Babies Healthy Eating Menu

Week 1



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Buffet Breakfast	Buffet Breakfast	Buffet Breakfast	Buffet Breakfast	Buffet Breakfast
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Lemon Blueberry Delight (D)	Sticky Orange Potato Cake	Apricot Oat Flapjacks	Fruit Pudding with Custard (G)	Greek Yoghurt and Fruit (D)
Mexican Lamb Hotpot	Scouse Stew	Chicken Mushroom Risotto (D)	Cauliflower Cheese Soup with croutons (V) (D,G)	Tuna Casserole (F,G)
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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