

Healthy Eating Menu

Week 2



Monday

Buffet Breakfast

Sausage & Mash,
onion gravy, peas
(G)

Raisins and
Yoghurt
(D)

Sandwiches and
Salad (D,G)

Fresh Fruit

Tuesday

Buffet Breakfast

Salmon Broccoli
Pasta (F,G)

Banana Oat
Muffins
(D,G)

Jacket Potatoes
with various
fillings

Fresh Fruit

Wednesday

Buffet Breakfast

Lamb Moussaka
(D)

Strawberry
Mousse
(D)

Carrot & Pepper
Soup with
crusty rolls
(V) (G)

Fresh Fruit

Thursday

Buffet Breakfast

Sweet Potato
Curry and Rice (V)

Ginger Pear
Crunch
(D)

Tapas and
Tortillas
(V) (G)

Fresh Fruit

Friday

Buffet Breakfast

Spanish Chicken
with Quinoa

Wholewheat
Brownies
(G)

Ham, Cheese and
Potato Pinwheels
(V) (D,G)

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 2



<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
Sausage, mash, onion gravy and peas (G)	Salmon Broccoli Pasta (F,G)	Lamb Moussaka (D)	Sweet Potato Curry and Rice (V)	Spanish Chicken with Quinoa
Raisins and Yoghurt (D)	Banana Oat Muffins (D,G)	Homemade Strawberry Mousse (D)	Ginger Pear Crunch (D)	Wholewheat Brownies (G)
Chicken and Vegetable Gratin	Jacket-less Potatoes with Baked Beans and Cheese	Carrot and Red Pepper Soup with crusty rolls (V) (G)	Shepherds Pie (G)	Lentil and Aubergine Ragu (V) (G)
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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