

Healthy Eating Menu

Week 3



Monday

Buffet Breakfast

Italian Pasta Bake
(V) (G)

Strawberry and
Vanilla Sponge
(D,G,E)

Sweet Potato and
Broccoli Cheddar
Bites (V) (D,G)

Fresh Fruit

Tuesday

Buffet Breakfast

Scouse Stew

Jelly and Fruit
(D)

Sandwiches and
Salad (G)

Fresh Fruit

Wednesday

Buffet Breakfast

Chicken and
Mushroom Risotto

Apple Crumble
and Custard
(D,G,E)

Bread/Veg sticks
with dips and egg
quarters (V) (G)

Fresh Fruit

Thursday

Buffet Breakfast

Lamb and Bean
Hotpot

Rice Pudding
and Sultanas
(D)

Butternut Squash
Soup with
croutons (G)

Fresh Fruit

Friday

Buffet Breakfast

Tuna Sweetcorn
Noodles (F,G)

Cocoa Courgette
Cake
(E,G)

Cheese and
Tomato Crumpets
(V) (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 3



<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
Italian Pasta Bake (V) (G)	Scouse Stew	Chicken Mushroom Risotto (D)	Lamb and Bean Hotpot	Tuna Sweetcorn Noodles (F,G)
Raspberry Swiss Roll (D,G,E)	Milk Jelly and Fruit (D)	Apple Crumble and Custard (D,G,E)	Rice Pudding and Sultanas (D)	Cocoa Courgette Cake (E,G)
Fish Pie with vegetables (F,G)	Chicken Chow Mein (E,G)	Spaghetti Bolognese (G)	Butternut Squash Soup with croutons (G)	Moroccan Chickpea Tagine (V)
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

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