

Healthy Eating Menu

Week 4



<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
Shepherds Pie (G)	Vegetable Goulash (V)	Salmon and Potato Fishcakes (F,G)	Chicken and Veg Gratin (G)	Lentil and Aubergine Ragu (V) (G)
Cocoa Pear Pie (E,G)	Apple and Blackcurrant Crumble (G)	Bananas and Custard (D,E)	Bread and Butter Pudding (D,E,G)	Carrot Cake (E,G)
Spaghetti on Wholewheat Toast (V) (G)	Butterbean and Bacon Soup with crusty rolls (G)	Sandwiches and Salad (G)	Rice Cakes, hummus, cream cheese, veg batons (V) (D,G)	French Toast with cheese sticks and tomatoes (V) (E,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 4



<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
Shepherds Pie (G)	Vegetable Goulash (V)	Salmon and Potato Fishcakes (F,G)	Chicken and Vegetable Gratin	Lentil and Aubergine Ragu (V) (G)
Strawberry Sponge Cake (D,E,G)	Apple and Pear Crumble (G)	Bananas and Custard (D,E)	Fruit Bread Pudding (D,E,G)	Carrot Cake (E,G)
Butterbean and Bacon Soup with crusty rolls (G)	Sausage & Mash, onion gravy, peas (G)	Spanish Chicken with Quinoa	Lamb Moussaka (D)	Sweet Potato Curry and Rice (V)
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