



Rotating Fortnightly Menu – Autumn Term		
Day	Week 1	Week 2
M	<p><b>Veggie Lasagna with Broccoli &amp; Cauliflower</b>  <i>pasta, peppers, peas, green beans, paprika, olive oil, garlic, cherry tomatoes, brown rice, coconut milk, coriander</i></p> <p><b>Sponge Cake &amp; Custard</b>  <i>self-raising flour, quinoa flour, baking powder, coconut oil, maple syrup, chia seeds, grated lemon, soya custard</i></p>	<p><b>Kiddie Chicken Curry (not Spicy!), Brown Rice, Green Beans &amp; Corn</b>  <i>chicken breast, garlic, onion, paprika, cumin, turmeric, mild curry powder, coconut milk, coconut oil, brown rice</i></p> <p><b>Jelly &amp; Fruit Salad</b>  <i>multicolour jelly, apple, mango, honeydew melon</i></p>
Tu	<p><b>Fish Balls &amp; Baked Chips with Dips &amp; Veggie Sticks</b>  <i>white fish, flax seeds, gluten free oats, olive oil, onion, salt, pepper, maple syrup</i></p> <p><b>Pureed Fruit Pots</b>  <i>seasonal varied fruits</i></p>	<p><b>Shepherd's Pie with Peas &amp; Carrots</b>  <i>beef, garlic, onion, paprika, carrots, courgette, potatoes, pepper, olive/coconut oil, coconut milk</i></p> <p><b>'Chocolate' Mousse</b>  <i>dates, coconut milk, cacao powder</i></p>
W	<p><b>Spaghetti Bolognese with Carrots &amp; Peas</b>  <i>beef, passata, garlic, onion, olive oil, coconut milk, paprika, salt, pepper, brown rice &amp; maize spaghetti</i></p> <p><b>Jelly &amp; Fruit Salad</b>  <i>multicolour jelly, apple, mango, honeydew melon</i></p>	<p><b>Pasta Arrabiata with Green Beans &amp; Corn</b>  <i>brown rice pasta, tomato, oregano, garlic, olive oil, pepper, salt</i></p> <p><b>Sponge Cake &amp; Custard</b>  <i>self-raising flour, quinoa flour, baking powder, coconut oil, maple syrup, chia seeds, grated lemon, soya custard</i></p>
Th	<p><b>Chicken Meatballs with Brown Rice, Broccoli &amp; Cauliflower</b>  <i>chicken, chia seeds, paprika, quinoa flour, pepper, garlic, turmeric, cumin, onion, tomato, olive oil, coconut oil, brown rice</i></p> <p><b>'Chocolate' Mousse</b>  <i>dates, coconut milk, cacao powder</i></p>	<p><b>Baked Salmon &amp; Chips with Veggie Sticks</b>  <i>salmon fillets, potatoes, sweet potatoes, coconut oil, olive oil, turmeric, paprika, pepper, salt</i></p> <p><b>Pureed Fruit Pots</b>  <i>seasonal varied fruits</i></p>

Fresh Cooked Baby & Toddler Food for Nurseries & Private Homes  
 No Preservatives – Just Good Honest Food from Local Sources  
**FREE FROM: Gluten, Egg, GM, Wheat, Nuts, Dairy**

