



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

