

# Happy Days Menu: Spring / Summer

Menus have been devised in consultation with an early years nutritionist.

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●
Morning Snack	Fruit bowl (three seasonal options)  Milk or water to drink	Fruit bowl (three seasonal options)  Milk or water to drink	Fruit bowl (three seasonal options)  Milk or water to drink	Fruit bowl (three seasonal options)  Milk or water to drink	Fruit bowl (three seasonal options)  Milk or water to drink
Lunch	Pasta primavera (V) ●●  Peach ripple ●	Creamy chicken, leek pie ● topped with sliced potatoes with broccoli <hr/> Dairy free vegetable and leek pie (V) ●  Homemade courgette and lime cake ●●▲	Salmon and pea risotto ●● <hr/> Bean and pea risotto (V) ●●  Seasonal fruit salad	Chilli con carne with mini jacket potatoes, dairy free spread  3 bean chilli con carne with mini jacket potatoes, dairy free spread (V)  Homemade rice pudding with blueberries ●	Italian chicken stew with orzo ●  Italian vegetable stew with orzo (V) ●  Fruit jelly
Tea	Tuna with egg free mayonnaise (dairy free spread) ● or cheese ● with jacket potato with cucumber sticks  Fruit bowl (three seasonal options)  Milk or water to drink ●	Wholemeal sandwiches with: grated cheese ●● egg mayo ●● salmon and cucumber ●● with vegetable sticks (V) with red pepper hummus  Fruit bowl (three seasonal options)  Milk or water to drink ●	Mediterranean puff pastry tart with basil pesto (V) ●●  Fruit bowl (three seasonal options)  Milk or water to drink ●	Wholemeal pitta bread with a choice of fillings: cheese (V) ●● tuna egg free mayo ●● with vegetable sticks  Fruit bowl (three seasonal options)  Milk or water to drink ●	Pea and asparagus frittata (V) ●  Fruit bowl (three seasonal options)  Milk or water to drink ●

Fresh drinking water will be available throughout the day. When milk is served it will either meet a child's individual dietary needs or be whole/semi skimmed milk depending on their age.

# Happy Days Menu: Spring / Summer

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Happy Days  
Where Children Shine



WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●
Morning Snack	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●
Lunch	Cauliflower and broccoli macaroni cheese (V) ●●  Seasonal fruit salad	BBQ chicken with new potatoes and roasted vegetables ●  BBQ Quorn pieces with new potatoes and roasted vegetables ●  Homemade blueberry sponge cake ●● with natural yogurt ●	Spaghetti Bolognese with herbs ●  Quorn spaghetti bolognaise (V) ●▲  Rhubarb fool ●●	Cheese and vegetable pie ●● with roast potatoes and cabbage (V)  Home-made banana buns ●●▲ (dairy free milk)	Vegetable and red lentil dhansak with brown rice (V)  Fruit oat crumble sundae ●●
Tea	Soft cheese wraps (V) ●●▲ or ham wraps with vegetable sticks with broad bean hummus ●▲  Fruit bowl (three seasonal options)  Milk or water to drink ●	Jacket potato with low salt baked beans, cheese ●, salmon ●  Fruit bowl (three seasonal options)  Milk or water to drink ●	Wholemeal sandwiches with grated cheese ●●, egg mayo ●●, chicken ● with vegetable sticks (V)  Fruit bowl (three seasonal options)  Milk or water to drink ●	Home-made pitta pizzas ● (V)  Fruit bowl (three seasonal options)  Milk or water to drink ●	Crusty bread ● served with homemade mackerel pate ●● or pinto bean spread ●● with vegetable sticks  Fruit bowl (three seasonal options)  Milk or water to drink ●

Fresh drinking water will be available throughout the day. When milk is served it will either meet a child's individual dietary needs or be whole/semi skimmed milk depending on their age.

● Celery ● Cereals containing gluten ● Crustaceans ● Eggs ● Fish ● Lupin ● Milk ● Mollusc ● Mustard ● Nuts ● Peanuts ● Sesame seeds ● Soya ● Sulphur Dioxide ▲ indicates any "May contain" ingredients

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Where Children Shine



WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●
<b>Morning Snack</b>	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●
<b>Lunch</b>	Tomato, spinach, and mushroom penne (V) ●  Creamy apricot delight ●	Chicken Thai curry with rice ●  Thai vegetable curry with rice (V) ●  Fruit jelly (low sugar)	Beef meatballs in a tomato sauce with spaghetti ●●  Quorn/Plant based meatballs in a tomato sauce with spaghetti (V) ●●●  Homemade pineapple upside down cake ●●	Bean and mushroom stroganoff with rice (V) ●●  Seasonal fruit salad	Haddock and salmon fish pie ●●● with green beans  Bean pie with green beans (V) ●  Bananas and custard ●
<b>Tea</b>	Ham crustless quiche ●●  Crustless quiche (V) ●●  Fruit bowl (three seasonal options)  Milk or water to drink ●	Wholemeal pitta bread with a choice of fillings cheese (V) ●● tuna egg free mayo ●●● chicken ● with vegetable sticks  Fruit bowl (three seasonal options)  Milk or water to drink ●	Tomato and mozzarella puff triangles (V) ●●  Fruit bowl (three seasonal options)  Milk or water to drink ●	Tuna egg free mayo jacket potato ● with cucumber sticks Cheese jacket potato ● with cucumber sticks (V)  Fruit bowl (three seasonal options)  Milk or water to drink ●	Wholemeal sandwiches with grated cheese ●● egg mayo ●● ham ● with vegetable sticks  Fruit bowl (three seasonal options)  Milk or water to drink ●

Fresh drinking water will be available throughout the day. When milk is served it will either meet a child's individual dietary needs or be whole/semi skimmed milk depending on their age.

● Celery ● Cereals containing gluten ● Crustaceans ● Eggs ● Fish ● Lupin ● Milk ● Mollusc ● Mustard ● Nuts ● Peanuts ● Sesame seeds ● Soya ● Sulphur Dioxide ▲ indicates any "May contain" ingredients

# Happy Days Menu: Spring / Summer

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Happy Days  
Where Children Shine



WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, rice crispies, cornflakes, ●● and wholemeal toast ● with butter /dairy free alternative ●  Milk or water to drink ●
Morning Snack	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●	Fruit bowl (three seasonal options)  Milk or water to drink ●
Lunch	Vegetable and chickpea korma with brown rice (V)  Homemade carrot cake ●●	Chicken, Cauliflower, and broccoli bake ●●  Cauliflower and broccoli bake (V) ●●  Berry compote with natural yogurt ●	Steamed cod in a tomato and mixed pepper sauce with couscous ●●  Tofu in a tomato and mixed pepper sauce with couscous (V) ●●  Fruity flapjack ●●	Gammon with parsley sauce, ●● new potatoes, carrots, and green beans  Quorn/Plant based fillet with parsley sauce, ●●● new potatoes, carrots and green beans (V)  Homemade rice pudding with summer fruits ●	Bean and vegetable spaghetti (V) ●  Seasonal fruit salad with natural yoghurt ●
Tea	Wholemeal sandwiches with grated cheese ●● egg mayo ●● salmon ●● with vegetable sticks  Fruit bowl	Wholemeal pitta bread with a choice of fillings Cheese ●● Tuna egg free mayo ●● Chicken ● and vegetable sticks (V)  Fruit bowl	Cheesy vegetable frittata (V) ●●  Fruit bowl	Pitta Pizza ●●  Fruit bowl	Soft cheese wraps (V) ●● or ham wraps ● with vegetable sticks  Fruit bowl

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# Complementary Feeding Menu: Spring / Summer

Menus have been devised in consultation with an early years nutritionist.

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
6 months (*See below note) Breakfast	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●
Lunch	Courgette, carrot and lentil puree	Leek and broccoli puree	Parsnip and pea puree	Potato, spinach and chickpea puree	Carrot, cauliflower and cannellini puree
Tea	Yoghurt and peach puree ●	Apple puree	Banana puree	Rice pudding and berries puree ●	Pear puree
7-12 months (may vary, dependant on the weaning stage) Breakfast	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●
	Milk or water to drink ●	Milk or water to drink ●	Milk or water to drink ●	Milk or water to drink ●	Milk or water to drink ●
Lunch	Pasta primavera (V) ●● Peach ripple ●	Creamy chicken, leek pie ● topped with sliced potatoes with broccoli Vegetable and leek pie (V) ● Home-made courgette and lime cake ●●▲	Salmon and pea risotto ●● Bean and pea risotto (V) ●● Seasonal fruit salad	Chilli con carne with mini jacket potatoes 3 Bean chilli con carne with mini jacket potatoes (V) Homemade rice pudding with blueberries ●	Italian chicken stew with orzo ● Italian vegetable stew with orzo (V) ● Fruit jelly
Tea	Jacket Potato with tuna mayo ● or cheese (V) ● accompanied with cucumber sticks Fruit bowl (three seasonal options) Milk or water to drink ●	Wholemeal sandwiches with: grated cheese ●● egg mayo ●● salmon and cucumber ●● with vegetable sticks (V) with red pepper hummus Fruit bowl (three seasonal options) Milk or water to drink ●	Mediterranean puff pastry tart with basil pesto (V) ●● Fruit bowl (three seasonal options) Milk or water to drink ●	Wholemeal pitta breads with a choice of fillings: cheese (V) ●● tuna egg free mayo ●● with vegetable sticks Fruit bowl (three seasonal options) Milk or water to drink ●	Pea and asparagus frittata (V) ● Fruit bowl (three seasonal options) Milk or water to drink ●

Fresh drinking water will be available throughout the day. The 7-12 month menu should be pureed or mashed to suit each individual's needs, gradually building up to lumpier foods. Weaning babies should not be introduced to foods at Nursery that have not been tried at home. Cow's milk does not have the right balance of nutrients for babies, so should not be given as a drink before 12 months. However small amounts can be used in cooking. Babies under 12 months don't need snacks, although it is a good idea to make finger foods available alongside mealtimes. If you think baby is hungry in between meals, offer extra milk feeds instead. \* A baby may commence weaning earlier than 6 months, this will be based on their individual needs and or upon advice or their Health Visitor /GP.

# Complementary Feeding Menu: Spring / Summer

Menus have been devised in consultation with an early years nutritionist.

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
6 months (*See below note) Breakfast	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●
Lunch	Cauliflower, broccoli and pea puree	Carrot, courgette and butter bean puree	Pea, potato and parsnip puree	Cabbage and carrot puree	Carrot, cauliflower and lentil puree
Tea	Banana puree	Blueberry yoghurt ●	Rhubarb puree	Apple puree	Peach puree
7-12 months (dependent on the weaning stage) Breakfast	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ● Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ● Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ● Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ● Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ● Milk or water to drink ●
Lunch	Cauliflower and broccoli macaroni cheese (V) ●● Seasonal fruit salad	BBQ chicken with new potatoes and roasted vegetables ● BBQ Quorn/ plant based pieces with new potatoes and roasted vegetables (V) ●● Home-made blueberry sponge cake with natural yogurt ●●●	Spaghetti bolognese with herbs ● Quorn /plant based spaghetti bolognese (V) ●● Rhubarb Fool ●●	Cheese and vegetable pie with roast potatoes and cabbage (V) ●● Home-made banana buns ●●▲ (Dairy free milk)	Vegetable and red lentil dhansak with brown rice (V) Fruit oat crumble sundae ●●
Tea	Soft cheese wraps (V) ●●▲ or ham wraps ●▲ with vegetable sticks with broad bean hummus Fruit bowl (three seasonal options) Milk or water to drink ●	Jacket potato with low salt baked beans, cheese ● salmon (V) ● Fruit bowl (three seasonal options) Milk or water to drink ●	Wholemeal sandwiches with grated cheese ●● egg mayo ●● chicken ● with vegetable sticks Fruit bowl (three seasonal options) Milk or water to drink ●	Home-made pitta pizza (V) ●● Fruit bowl (three seasonal options) Milk or water to drink ●	Crusty bread served with home-made mackerel pate ●●● Pinto bean spread (V) with vegetable sticks ●● Fruit bowl (three seasonal options) Milk or water to drink ●

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Menus have been devised in consultation with an early years nutritionist.

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast – 6 months	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●
Lunch	Spinach and cannellini beans puree	Green bean & butter bean puree	Broccoli & green lentil puree	Carrot & chickpea puree	Courgette and sweet potato puree
Tea	Apricot puree	Pear & kiwi puree	Yoghurt with berry puree ●	Apple puree with Greek yoghurt ●	Raspberry & baby rice puree
7-12 months (dependent on the weaning stage) Breakfast	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●  Milk or water to drink ●
Lunch	Tomato, spinach and mushroom penne (V) ●  Creamy apricot delight ●	Chicken Thai vegetable curry with rice ●  Thai vegetable Curry (V) ●  Fruit jelly (low sugar)	Beef meatballs in a tomato sauce with spaghetti ●●  Quorn/Plant based meatballs in a tomato sauce with spaghetti (V) ●●●  Homemade pineapple upside down cake ●●	Bean and mushroom stroganoff with rice (V) ●●  Seasonal fruit salad	Haddock and salmon fish pie with green beans ●●●  Bean pie with green beans (V) ●  Bananas and custard ●
Tea	Ham crustless quiche ●● Crustless quiche (V) ●●  Fruit bowl (three seasonal options)  Milk or water to drink ●	Wholemeal pitta breads with either Cheese ●●, Tuna mayo ●●, Chicken ● with vegetable sticks  Fruit bowl (three seasonal options)  Milk or water to drink ●	Tomato and mozzarella puff triangles (V) ●●  Fruit bowl (three seasonal options)  Milk or water to drink ●	Tuna mayonnaise jacket potato ● with cucumber sticks  Jacket potato with cheese ● with cucumber sticks  Fruit bowl (three seasonal options)  Milk or water to drink ●	Wholemeal sandwiches with grated cheese ●●, egg mayo ●●, chicken ● with vegetable sticks  Fruit bowl (three seasonal options)  Milk or water to drink ●

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast – 6 months	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●	Choice of suitably prepared porridge, cereal or baby rice ●
Lunch	Courgette, carrot, and chickpea puree	Cauliflower, pea & baby rice puree	Mixed pepper & potato puree	Courgette, sweet potato and kidney bean puree	Green bean and swede barley puree
Tea	Apple & custard puree ●	Blueberry yoghurt ●	Apple and pear puree	Peach puree	Banana & custard puree ●
7-12 months (dependent on the weaning stage) Breakfast	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●  Milk or water to drink ●	Choice of Weetabix, Rice Krispies, Cornflakes ●● and wholemeal toast ● with butter/dairy free alternative ●  Milk or water to drink ●
Lunch	Vegetable and chickpea korma with brown rice (V)  Homemade carrot cake ●●	Chicken, cauliflower and broccoli bake ●●  Cauliflower and broccoli bake (V) ●●  Berry compote with natural yogurt ●	Steamed cod in a tomato and mixed pepper sauce with cous cous ●●  Tofu in a tomato and mixed pepper sauce with cous cous (V) ●●  Fruity flapjack ●●	Gammon with parsley sauce, new potatoes, carrots and green beans ●●  Quorn/plant based fillet with parsley sauce, new potatoes, carrots and green beans (V) ●●●  Homemade rice pudding with summer fruits ●	Bean and vegetable spaghetti (V) ●  Seasonal fruit salad with natural yoghurt ●
Tea	Wholemeal sandwiches with grated cheese ● egg mayo ●● salmon ●● with vegetable sticks ●  Fruit bowl	Wholemeal pitta bread with a choice of fillings Cheese ●● Tune egg free mayo ●● Chicken ●● and vegetable sticks (V) ●  Fruit bowl	Cheesy vegetable frittata (V) ●●  Fruit bowl	Pitta pizza with a variety of toppings (V) ●●  Fruit bowl	Soft cheese wrap ●● Ham wrap ● with vegetable sticks ●  Fruit bowl

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● Celery ● Cereals containing gluten ● Crustaceans ● Eggs ● Fish ● Lupin ● Milk ● Mollusc ● Mustard ● Nuts ● Peanuts ● Sesame seeds ● Soya ● Sulphur Dioxide ▲ indicates any "May contain" ingredients