

SCHOOL MEAL MENU OPTIONS

- Great Food for Thought -

Menu Commencing
September 2018

		WEANING MENU WEEK 1	WEANING MENU WEEK 2	WEANING MENU WEEK 3
MONDAY	LUNCH - 1st Course Either: Early Weaning	BROCCOLI & POTATO	CARROTS, RICE & PEAS	SQUASH & RED PEPPER
	LUNCH - 1st Course Or: Final Weaning	HAM, Broccoli & Potato	CHICKEN, Carrots, Rice & Peas	SQUASH & RED PEPPER
	LUNCH - 2nd Course	BABY RICE FLAKE PUDDING ⑦	SEMOLINA ⑦	VANILLA YOGURT ⑦
	TEA - 1st Course Either: Early Weaning	CARROT & POTATO	SPINACH & LENTILS	SWEET POTATO & TOMATO ①
	TEA - 1st Course Or: Final Weaning	CHEDDAR CHEESE ⑦, Carrot & Potato	SPINACH & LENTILS	RICE, Sweet Potato & Tomato ①
	TEA - 2nd Course	PEACH PURÉE	BANANA PURÉE	BANANA CUSTARD ⑦
	TUESDAY	LUNCH - 1st Course Either: Early Weaning	CABBAGE & POTATO	COURGETTE & POTATO
LUNCH - 1st Course Or: Final Weaning		PASTA ②, Cabbage & Potato	TUNA ⑤, Courgette & Potato	BEEF, Potato, Peas & Carrot
LUNCH - 2nd Course		VANILLA YOGURT ⑦	VANILLA CUSTARD ⑦	FRUIT COCKTAIL PURÉE
TEA - 1st Course Either: Early Weaning		CARROT & SWEET POTATO	MIXED VEGETABLES	CAULIFLOWER, POTATO & PEAS
TEA - 1st Course Or: Final Weaning		TOMATO ①, Carrot & Sweet Potato	MIXED VEGETABLES	CAULIFLOWER, POTATO & PEAS
TEA - 2nd Course		PEAR PURÉE	YOGURT ⑦ with APRICOT JAM	BABY RICE FLAKE PUDDING ⑦
WEDNESDAY		LUNCH - 1st Course Either: Early Weaning	POTATO, CABBAGE & CARROT	POTATO, SWEDE & TOMATO ①
	LUNCH - 1st Course Or: Final Weaning	TURKEY, Potato, Cabbage & Carrot	BEEF, Potato, Swede & Tomato ①	PORK, Potato & Apple ⑥
	LUNCH - 2nd Course	BANANA PURÉE	PEACH YOGURT ⑦	MANGO PURÉE
	TEA - 1st Course Either: Early Weaning	SQUASH & RED PEPPER	PASTA, GREENS & CARROT	SWEET POTATO & PEAS
	TEA - 1st Course Or: Final Weaning	RICE, Squash & Red Pepper	PASTA, GREENS & CARROT	LENTILS, Sweet Potato & Peas
	TEA - 2nd Course	APPLE PURÉE ⑥	VANILLA CUSTARD ⑦	SEMOLINA ⑦

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THURSDAY	LUNCH - 1st Course Either: Early Weaning	PASTA ^② , BAKED BEANS ^① , BROCCOLI	MIXED VEGETABLES	RICE, CAULIFLOWER & CARROT
	LUNCH - 1st Course Or: Final Weaning	CHEESE ^⑦ , Pasta ^② , Baked Beans ^① & Broccoli	PORK & Mixed Vegetables	HAM, Rice, Cauliflower & Carrot
	LUNCH - 2nd Course	APPLE ^⑥ CUSTARD ^⑦	MANGO PURÉE	VANILLA YOGURT ^⑦
	TEA - 1st Course Either: Early Weaning	POTATO & CAULIFLOWER	SWEET POTATO, TOMATO ^① & RED PEPPER ^②	LENTILS, COURGETTE & PEAS
	TEA - 1st Course Or: Final Weaning	PEAS, Potato & Cauliflower	RICE, Sweet Potato, Tomato ^① & Red Pepper ^②	TOMATO ^① , Lentils, Courgette & Peas
	TEA - 2nd Course	PINEAPPLE PURÉE	PEAR CUSTARD ^⑦	BANANA PURÉE
FRIDAY	LUNCH - 1st Course Either: Early Weaning	BROCCOLI, SWEDE & POTATO	SQUASH, CARROT & SPINACH	POTATO, CABBAGE & CARROT
	LUNCH - 1st Course Or: Final Weaning	PORK, Broccoli, Swede & Potato	CHICKEN, Squash, Carrot & Spinach	SALMON ^⑤ , Potato, Cabbage & Carrot
	LUNCH - 2nd Course	PLAIN YOGURT ^⑦	APPLE PURÉE ^⑥	SEMOLINA ^⑦
	TEA - 1st Course Either: Early Weaning	PEAS & POTATO	COURGETTE & RICE	PASTA ^② , TOMATO ^① & COURGETTE
	TEA - 1st Course Or: Final Weaning	SPINACH, Peas & Potato	TOMATO ^① , Courgette & Rice	SWEDE, Pasta ^② , Tomato ^① & Courgette
	TEA - 2nd Course	MANGO PURÉE	BANANA PURÉE	BABY RICE FLAKE PUDDING ^⑦

Allergen & Intolerance codes accompany each Item with an explanation in the Key below.

- devised and independently verified in accordance with National Guidelines -

ALLERGENS (Using FSA Codes): ^①Celery^②Cereals (Gluten)^④Eggs^⑤Fish^⑦Milk^⑨Mustard^⑩Nuts^⑪Peanuts^⑫Sesame Seeds^⑬Soya^⑭Sulphites

INTOLERANCES: ^①Tomato Products^②Capsicum Products^③Soft Fruit Products^④Beef^⑤Aubergine^⑥Apple^⑦Oranges

Please be aware we use all types of foods in our Kitchens. Substitute foods are available subject to an additional charge

FOOD TYPES	Bulky Foods are avoided in this Menu
SALT	No added Salt or Seasoning
SUGAR	Where necessary only Natural Sugar is added to a minimum level