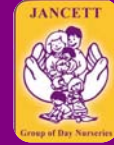




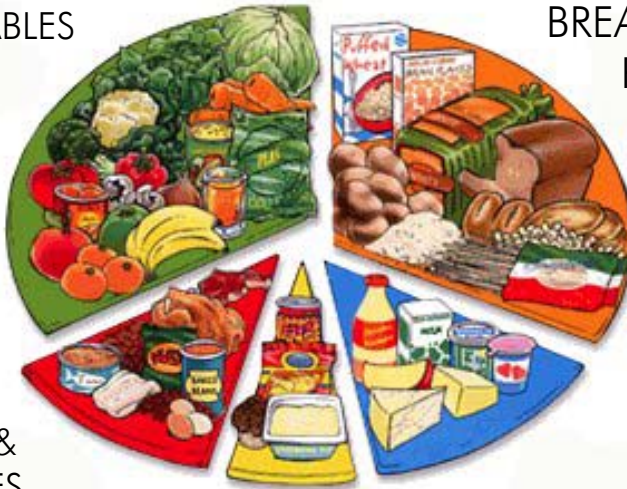
Summer Menu June - October (inclusive)

Daily menu for all Baby Rooms



MEALS INCLUDE FOODS FROM EACH OF THE FIVE MAIN FOOD GROUPS

FRUIT & VEGETABLES



MEAT, FISH & ALTERNATIVES

FOODS CONTAINING FATS & FOODS CONTAINING SUGARS

BREAD, CEREALS & POTATOES



DAIRY FOODS



Cooled boiled water for drinking is available throughout the nursery day

Dear Parents and Guardians,

We provide a range of purées for babies who are weaning, starting with vegetables and fruits. When ready the babies can move onto semi puréed or roughly chopped versions of the main menu.

Please talk to the baby room staff when you feel your child is ready for the next stage of weaning. Milk is provided by parents for the younger babies.

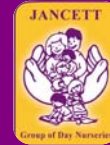
We cater for all babies individual dietary requirements. We limit the sugar content and do not add salt to any of our meals. Fresh fruit is always available as an alternative dessert.

Tea in the baby rooms is served at 3pm. It is a 'High tea' and as such is not intended to be the last meal of the day.



Summer Menu June - October (inclusive)

Daily menu for all Baby Rooms



Week: One Day: Monday



Breakfast

<p>Purée</p> <ul style="list-style-type: none"> • Milk <p><u>Selection of:</u></p> <ul style="list-style-type: none"> • First tastes of: - Baby Rice 	<p>Semi Purée</p> <ul style="list-style-type: none"> • Ready Brek or Baby Rice • Milk 	<p>Main Menu</p> <ul style="list-style-type: none"> • A selection of cereals with milk • Wholemeal toast with Flora and / or strawberry or apricot jam • Milk, apple juice or water
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Snacks / Drinks

<p>Purée</p> <ul style="list-style-type: none"> • Milk 	<p>Morning Semi Purée</p> <ul style="list-style-type: none"> • Milk <p>Babies depending on their stage of weaning & parental choice can have puréed or chopped foods from the main snack menu →</p>	<p>Main Menu</p> <ul style="list-style-type: none"> • Milk • Cornish wafers / Cream Crackers / Hovis biscuits, served plain or with Flora, Marmite or DairyLea cheese spread
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Lunch

<p>Purée</p> <ul style="list-style-type: none"> • Milk is still the most important factor in a baby's growth and development <p><u>Selection of:</u></p> <ul style="list-style-type: none"> • First tastes of: - Vegetables - Fruits - Baby Rice <ul style="list-style-type: none"> • Cooled boiled water 	<p>Semi Purée</p> <ul style="list-style-type: none"> • Other foods from the main lunch menu can be introduced such as chicken and fish → <p>PARENTS please let the baby staff know when a new food can be introduced</p> <ul style="list-style-type: none"> • Milk / Cooled boiled water 	<p>Main Menu</p> <ul style="list-style-type: none"> • Tuna and cheese pasta bake with sweet corn and peas <p><u>Vegetarian option:</u></p> <ul style="list-style-type: none"> • Cheese pasta bake with sweet corn and peas <p><u>Dessert:</u></p> <ul style="list-style-type: none"> • Choc ice <ul style="list-style-type: none"> • Water
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Tea

<p>Purée</p> <ul style="list-style-type: none"> • Milk is still the most important factor in a baby's growth and development <p><u>Selection of:</u></p> <ul style="list-style-type: none"> • First tastes of: - Vegetables - Fruits - Baby Rice <ul style="list-style-type: none"> • Cooled boiled water 	<p>Semi Purée</p> <ul style="list-style-type: none"> • Babies depending on their stage of weaning & parental choice can have puréed foods or any foods from the main tea menu → <ul style="list-style-type: none"> • Milk / Cooled boiled water 	<p>Main Menu</p> <ul style="list-style-type: none"> • Toasted muffins with strawberry or apricot jam • Fresh fruit platter <p><u>Vegetarian option:</u></p> <ul style="list-style-type: none"> • Toasted muffins with strawberry or apricot jam • Fresh fruit platter <ul style="list-style-type: none"> • Milk / Apple Juice / Water
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Summer Menu June - October (inclusive)

Daily menu for all Baby Rooms



Week: One Day: Tuesday



Breakfast

Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk <p><u>Selection of:</u></p> <ul style="list-style-type: none"> First tastes of: <ul style="list-style-type: none"> Fruit Baby Rice 	<ul style="list-style-type: none"> Ready Brek or Baby Rice Fruit 	<ul style="list-style-type: none"> A selection of cereals with milk Wholemeal toast with Flora and / or strawberry or apricot jam Variety of fresh fruit Milk, apple juice or water

Snacks / Drinks

Purée	Morning	Main Menu
<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk <p>Babies depending on their stage of weaning & parental choice can have puréed or chopped foods from the main snack menu →</p>	<ul style="list-style-type: none"> Milk Fresh fruit platter

Lunch

Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk is still the most important factor in a baby's growth and development <p><u>Selection of:</u></p> <ul style="list-style-type: none"> First tastes of: <ul style="list-style-type: none"> Vegetables Fruits Baby Rice 	<ul style="list-style-type: none"> Other foods from the main lunch menu can be introduced such as chicken and fish → <p>PARENTS please let the baby staff know when a new food can be introduced</p>	<ul style="list-style-type: none"> Ploughman's Lunch - sliced ham / cheese, sweet pickle, beetroot and salad with a slice of baguette bread <p><u>Vegetarian option:</u></p> <ul style="list-style-type: none"> Ploughman's Lunch - sliced cheese, sweet pickle, beetroot and salad with a slice of baguette bread <p><u>Dessert:</u></p> <ul style="list-style-type: none"> Sponge cake with saltanas and raisins Water
<ul style="list-style-type: none"> Cooled boiled water 	<ul style="list-style-type: none"> Milk / Cooled boiled water 	

Tea

Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk is still the most important factor in a baby's growth and development <p><u>Selection of:</u></p> <ul style="list-style-type: none"> First tastes of: <ul style="list-style-type: none"> Vegetables Fruits Baby Rice 	<ul style="list-style-type: none"> Babies depending on their stage of weaning & parental choice can have puréed foods or any foods from the main tea menu → 	<ul style="list-style-type: none"> Baked beans on toast Fresh fruit platter <p><u>Vegetarian option:</u></p> <ul style="list-style-type: none"> Baked beans on toast Fresh fruit platter
<ul style="list-style-type: none"> Cooled boiled water 	<ul style="list-style-type: none"> Milk / Cooled boiled water 	<ul style="list-style-type: none"> Milk / Apple Juice / Water






Summer Menu June - October (inclusive)

Daily menu for all Baby Rooms



Week: One Day: Wednesday



Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Ready Brek or Baby Rice 	<ul style="list-style-type: none"> A selection of cereals with milk Wholemeal toast with Flora and / or strawberry or apricot jam Variety of fresh fruit Milk, apple juice or water

Breakfast



Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk is still the most important factor in a baby's growth and development 	<ul style="list-style-type: none"> Babies depending on their stage of weaning & parental choice can have puréed foods or any foods from the main tea menu 	<ul style="list-style-type: none"> Selection of sandwiches - Marmite, Dairylea cheese spread, strawberry / apricot jam Fromage Frais Vegetarian option: sandwiches - Marmite, Dairylea cheese spread, strawberry / apricot jam

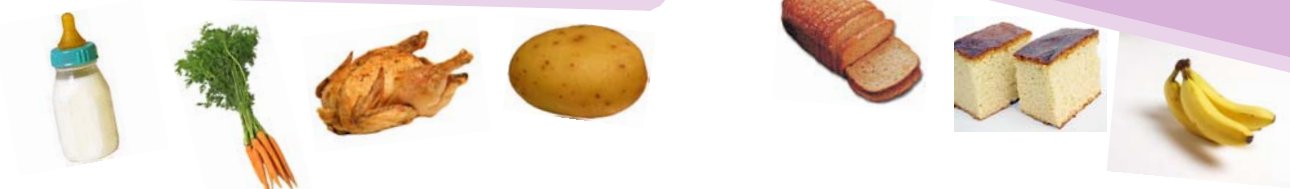
Tea

Purée	Morning	Main Menu
<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk <p>Babies depending on their stage of weaning & parental choice can have puréed or chopped foods from the main snack menu →</p>	<ul style="list-style-type: none"> Milk Fresh fruit platter

Snacks / Drinks

Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk is still the most important factor in a baby's growth and development 	<ul style="list-style-type: none"> Other foods from the main lunch menu can be introduced such as chicken and fish → 	<ul style="list-style-type: none"> Beef lasagne verde with broccoli, carrots and tomatoes
<p><u>Selection of:</u></p> <ul style="list-style-type: none"> First tastes of: <ul style="list-style-type: none"> Vegetables Fruits Baby Rice 	<p>PARENTS please let the baby staff know when a new food can be introduced</p>	<p><u>Vegetarian option:</u></p> <ul style="list-style-type: none"> Vegetarian mince lasagne verde with broccoli, carrots and tomatoes <p><u>Dessert:</u></p> <ul style="list-style-type: none"> Raspberry Angel Delight
<ul style="list-style-type: none"> Cooled boiled water 	<ul style="list-style-type: none"> Milk / Cooled boiled water 	<ul style="list-style-type: none"> Water

Lunch







Summer Menu June - October (inclusive)

Daily menu for all Baby Rooms





Week: One Day: Thursday

Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Ready Brek or Baby Rice 	<ul style="list-style-type: none"> A selection of cereals with milk Wholemeal toast with Flora and / or strawberry or apricot jam Variety of fresh fruit Milk, apple juice or water
<p><u>Selection of:</u></p> <ul style="list-style-type: none"> First tastes of: <ul style="list-style-type: none"> Fruit Baby Rice 		

Breakfast

Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk is still the most important factor in a baby's growth and development 	<ul style="list-style-type: none"> Babies depending on their stage of weaning & parental choice can have puréed foods or any foods from the main tea menu 	<ul style="list-style-type: none"> Wholemeal toast with slices of mild cheddar cheese and tomatoes Farmhouse cake
<p><u>Selection of:</u></p> <ul style="list-style-type: none"> First tastes of: <ul style="list-style-type: none"> Vegetables Fruits Baby Rice 		
<p><u>Vegetarian option:</u></p> <ul style="list-style-type: none"> Quorn fillets with new potatoes, carrots and sweet corn. 		
<p><u>Dessert:</u></p> <ul style="list-style-type: none"> Fresh fruit platter of bananas, pears and oranges 		

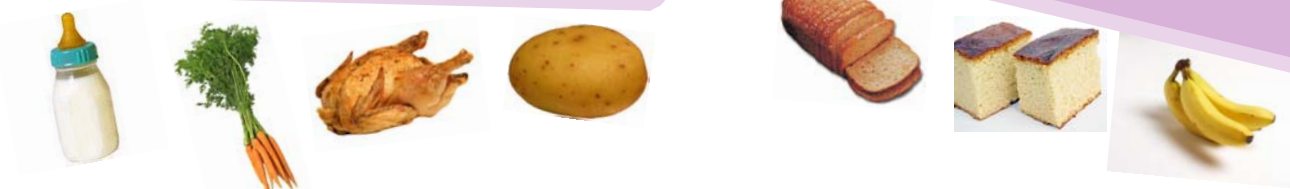
Tea

Purée	Morning	Main Menu
<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk <p>Babies depending on their stage of weaning & parental choice can have puréed or chopped foods from the main snack menu →</p>	<ul style="list-style-type: none"> Milk Cherry tomatoes with cucumber / celery sticks

Snacks / Drinks

Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk is still the most important factor in a baby's growth and development 	<ul style="list-style-type: none"> Other foods from the main lunch menu can be introduced such as chicken and fish → 	<ul style="list-style-type: none"> Chicken baked in the oven with new potatoes, carrots and sweet corn.
<p><u>Selection of:</u></p> <ul style="list-style-type: none"> First tastes of: <ul style="list-style-type: none"> Vegetables Fruits Baby Rice 		
<p>PARENTS please let the baby staff know when a new food can be introduced</p>		
<p><u>Vegetarian option:</u></p> <ul style="list-style-type: none"> Quorn fillets with new potatoes, carrots and sweet corn. 		
<p><u>Dessert:</u></p> <ul style="list-style-type: none"> Fresh fruit platter of bananas, pears and oranges 		

Lunch






Summer Menu June - October (inclusive)

Daily menu for all Baby Rooms




Week: One Day: Friday



Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Ready Brek or Baby Rice 	<ul style="list-style-type: none"> A selection of cereals with milk Wholemeal toast with Flora and / or strawberry or apricot jam Variety of fresh fruit Milk, apple juice or water

Breakfast



Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk is still the most important factor in a baby's growth and development 	<ul style="list-style-type: none"> Babies depending on their stage of weaning & parental choice can have puréed foods or any foods from the main tea menu 	<ul style="list-style-type: none"> Wholemeal pitta bread with sliced chicken or cheese and freshly made coleslaw Walls mini milk frozen lolly

Tea

Purée	Morning	Main Menu
<ul style="list-style-type: none"> Milk 	<ul style="list-style-type: none"> Milk <p>Babies depending on their stage of weaning & parental choice can have puréed or chopped foods from the main snack menu →</p>	<ul style="list-style-type: none"> Milk Fresh fruit platter

Snacks / Drinks

Purée	Semi Purée	Main Menu
<ul style="list-style-type: none"> Milk is still the most important factor in a baby's growth and development 	<ul style="list-style-type: none"> Other foods from the main lunch menu can be introduced such as chicken and fish → 	<ul style="list-style-type: none"> Tuna fish salad and new potatoes

Lunch



Selection of:

- First tastes of:
 - Vegetables
 - Fruits
 - Baby Rice

Vegetarian option:

- Egg, salad and new potatoes

Dessert:

- Strawberries and kiwi topped cheesecake

PARENTS please let the baby staff know when a new food can be introduced

Selection of:

- First tastes of:
 - Vegetables
 - Fruits
 - Baby Rice

Vegetarian option:

- Wholemeal pitta bread with sliced cheese and freshly made coleslaw
- Walls mini milk frozen lolly