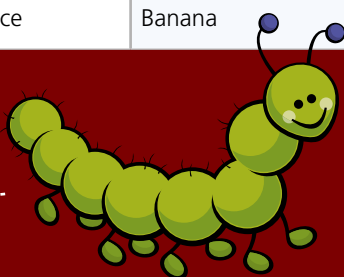


Stage 1 approx. 6-9 months

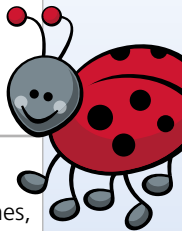


	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE OF FOUR					
LUNCH	Green bean & potato Apricot	Leek & swede Apple & mango	Courgette & sweet potato Banana	Carrot & potato Peach	Broccoli & parsnip Pear
TEA	Carrot & potato Pear	Pea & potato Peach	Broccoli & potato Prune & apple	Spinach & sweet potato Apple	Pea & potato Banana
WEEK TWO OF FOUR					
LUNCH	Sweet potato & pea Melon & rice	Broccoli & swede Pear	Carrot & potato Peach	Broccoli & potato Mango & apple	Sweet potato & courgette Apple & pear
TEA	Leek & potato Banana	Courgette & potato Apple	Parsnip & green bean Prune & apricot	Carrot & pea Pear	Potato & green bean Peach
WEEK THREE OF FOUR					
LUNCH	Broccoli & potato Apple	Potato & courgette Banana	Carrot & swede Pear	Cauliflower & broccoli Prune & apple	Pea & sweet potato Apricot
TEA	Bean & sweet potato Apricot	Parsnip & leek Apple	Butternut squash & carrot Peach	Potato & green beans Melon & rice	Leek & potato Banana
WEEK FOUR OF FOUR					
LUNCH	Broccoli & swede Apricot	Sweet potato & parsnip Pear	Pea & potato Apple	Potato & courgette Mango & apple	Broccoli & potato Banana
TEA	Carrot & potato Melon & rice	Swede & leek Banana	Butternut squash & carrot Apricot & prune	Pea & sweet potato Peach	Leek & parsnip Pear



Stage 2 approx. 9-12 months

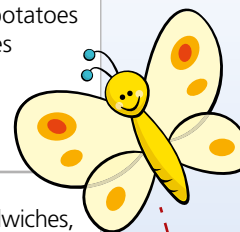
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE OF FOUR					
LUNCH	Tuna lasagne with yellow & green vegetables & tinned tomatoes	Cottage pie with minced turkey, red peppers, carrots, mushrooms & potatoes	Roast beef or lamb with roast potatoes, peas, carrots and swede	Chicken, onions, spinach, sultanas, apples & tomato with rice	Pasta in cheese & tomato sauce with courgettes, carrots, broccoli, peas & spinach
	Fruit and ice-cream	Yogurt	Fruit salad	Jelly	Banana
TEA	Ham/cheese pitta with cucumber and softened carrot sticks	Macaroni cheese with sweetcorn and peas	Vegetable and tomato pasta	Cheese & potato pie with baked beans	Picnic tea – variety of sandwiches, cheese, ham, sardines, cheesy wheels, and vegetable sticks
	Rice pudding	Fruit	Banana	Fresh Fruit	Yogurt
WEEK TWO OF FOUR					
LUNCH	Spaghetti bolognaise with mince meat, tomatoes, onion & mushrooms with garlic bread	Roast beef or lamb with roast potatoes, peas, carrots and swede	Chicken casserole with potatoes & mushrooms, onions, celery, carrots & swede	Lamb Mousaka	Chicken pasta bake with a variety of vegetables
	Summer fruit and natural yogurt	Fresh fruit	Peaches and cream	Banana	Fruit jelly
TEA	Jacket potatoes with cheese	Homemade vegetable pizza with mixed peppers, sweetcorn and vegetable sticks	Pasta bows with tomato & vegetable sauce	Picnic tea – variety of sandwiches, cheese, ham, sardines, cheesy wheels, and vegetable sticks	Chick Pea and vegetable curry with rice
	Banana	Fruit salad	Yogurt	Fresh fruit	Yoghurt
WEEK THREE OF FOUR					
LUNCH	Shepherds pie with lamb, peas & white cabbage	Cauliflower and broccoli cheese bake with new potatoes	Chicken bolognaise with rice	Creamy tuna and vegetable bake with sweet corn and peas	Roast turkey/beef/ lamb/pork or chicken with roast potatoes & mixed vegetables
	Semolina	Stewed apricots with custard	Bananas & custard	Stewed prunes & apples	Semolina
TEA	Toasted Tuna and cheesy triangles with cucumber and carrot sticks	Picnic tea – variety of sandwiches, cheese, ham, sardines, cheesy wheels, and vegetable sticks	Moroccan Cous cous with vegetables	Chicken and vegetable Quesadillas	Pasta Alfredo, Fettuccine, peas, mushrooms and cream, served with Garlic bread
	Fresh fruit and ice-cream	Yoghurt	Eves pudding	Fresh fruit	Yoghurt
WEEK FOUR OF FOUR					
LUNCH	Chilli – cannelloni beans, tomato onion, mushrooms with jacket potato and cheese	BBQ chicken/lamb with noodles, orange peppers, chopped onions and mushrooms	Salmon and potato bake in cream sauce topped with potatoes	Roast beef/pork/ turkey/lamb with roast potatoes and vegetables	Chicken/vegetable curry with vegetables and rice
	Stewed fruit	Yoghurt	Fruit cocktail and ice- cream	Melon	Fruit sorbet
TEA	Meat balls minced lamb/beef/turkey in gravy mixed vegetables and rice	Cheese, bean and potato pie	Tomato and basil tart and vegetable sticks	Cheese/ham wraps with cherry tomatoes and vegetable sticks	Tuna/cod with leeks, broccoli and butternut squash topped with creamy mashed potato
	Fresh fruit	Pineapple	Apricots	Rice pudding	Yoghurt



Stage 3 approx. 12 months plus

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE OF FOUR					
LUNCH	Tuna lasagne with yellow & green vegetables & tinned tomatoes	Cottage pie with minced turkey, red peppers, carrots, mushrooms and potatoes	Roast beef/lamb/chicken with roast potatoes, peas, carrots and swede	Mild & fruity chicken curry with onions, spinach, sultanas, apples and rice	Fish fingers, new potatoes and baked beans
	Fruits of the forest and natural yoghurt	Oat and sultana cookie	Fruit salad	Trifle	Bananas
TEA	Chicken pitta with salad	Macaroni cheese with sweetcorn and peas	Vegetable and tomato pasta	Cheese and potato pie and baked beans	Picnic tea – variety of sandwiches, cheese, hummus, sardines, cheesy wheels, and vegetable sticks
	Rice pudding	Fruit salad	Cheesecake	Yoghurt	Cherry cake
WEEK TWO OF FOUR					
LUNCH	Spaghetti bolognese with mince meat, tomatoes, onion & mushrooms with garlic bread	Roast turkey/beef/lamb/pork/chicken with roast potatoes, mixed vegetables	Chicken casserole with potatoes and mushrooms, onions, celery, carrots and swede	Lamb mousaka	Chicken pasta bake
	Summer fruit and natural yoghurt	Fresh fruit	Peaches and cream	Orange cookie	Fruit jelly
TEA	Jacket potatoes with tuna, cheese and coleslaw	Homemade vegetable pizza with mixed peppers, sweetcorn and vegetable sticks/ coleslaw	Pasta bows with tuna in tomato and vegetable sauce	Picnic tea – variety of sandwiches, cheese, hummus, sardines, cheesy wheels, and vegetable sticks	Chick pea curry and rice
	Shortbread	Raisin wheels	Blueberry muffin	Fruit salad	Bananas
WEEK THREE OF FOUR					
LUNCH	Shepherd's pie with lamb, peas and white cabbage	Cauliflower and broccoli cheese pie with new potatoes	Chicken bolognese with rice	Creamy tuna and vegetable bake with sweetcorn and peas	Roast turkey/beef/lamb/pork/chicken with roast potatoes, mixed vegetables
	Yoghurt	Fruit flan	Bananas and custard	Lemon sponge	Strawberries and natural yogurt
TEA	Toasted tuna and cheese triangles with cucumber and carrot sticks	Picnic tea – variety of sandwiches, cheese, hummus, sardines, cheesy wheels, and vegetable sticks	Moroccan cous cous with vegetables	Chicken and vegetable quesadillas	Pasta Alfredo, fettuccine, peas, mushrooms and cream, served with garlic bread
	Fresh fruit and ice-cream	Oat cookie	Eves pudding	Fresh fruit	Fruit flan
WEEK FOUR OF FOUR					
LUNCH	Vegetable Chilli with cannelloni beans, tomato, onion & mushrooms with jacket potato & cheese	BBQ chicken with noodles	Salmon and potato bake	Roast beef/lamb/chicken with roast potatoes, peas, carrots and swede	Mild chicken tandoori with vegetables and rice
	Summer crumble	Yoghurt	Fruit cocktail and ice- cream	Melon	Fruit sorbet
TEA	Lamb meatballs in a tomato sauce and rice	Cheesy bean and potato pie	Tomato and basil tart, with coleslaw	Cheese wraps with cherry tomatoes	Cod with leeks, broccoli and butternut squash topped with creamy mashed potato
	Fresh fruit	Pineapple upside down cake	Apricot squares	Rice pudding	Yoghurt





	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE OF FOUR					
LUNCH	Vegetable lasagne with yellow & green vegetables and tinned tomatoes Fruits of the forest and natural yogurt	Cottage pie with minced Quorn, red peppers, carrots, mushrooms and potatoes Oat and sultana cookie	Vegetarian grills with roast potatoes, peas, carrots and swede Melon	Mild & fruity vegetable curry – onions, spinach, sultanas, apples and tomato, served with rice Trifle	Fishfingers/quorn burger, new potatoes and vegetables Bananas
TEA	Quorn mayonnaise in pitta and salad Rice pudding	Golden macaroni cheese with sweetcorn and peas Fruit salad	Vegetable and tomato pasta Cheesecake	Cheese & potato pie and baked beans Yogurt	Picnic tea – variety of sandwiches, cheese, hummus, cheesy wheels, and vegetable sticks Cherry cake
WEEK TWO OF FOUR					
LUNCH	Spaghetti bolognaise with quorn mince, tomatoes, onion and mushrooms with garlic bread Yoghurt with summer fruits	Vegetarian grills with roast potatoes, peas, carrots and swede Fresh fruit	Vegetable and lentil casserole with potatoes and mushrooms, onions, celery, carrots and swede Peaches and cream	Quorn mousaka Orange cookie	Vegetable pasta bake with cheese Fruit jelly
TEA	Jacket Potato with cheese/tuna mayo and coleslaw Shortbread	Homemade vegetable pizza with mixed peppers, sweetcorn and vegetable sticks/ coleslaw Raisin Wheels	Pasta bows with in tomato and vegetable sauce Blueberry muffin	Picnic tea – variety of sandwiches, cheese, hummus, cheesy wheels, and vegetable sticks Fruit salad	Chick pea curry and rice Banana
WEEK THREE OF FOUR					
LUNCH	Shepherds pie with vegetarian mince, peas & white cabbage Yoghurt	Creamy vegetable bake with sweetcorn and peas Fruit salad	Vegetarian bolognaise with rice Bananas and custard	Cauliflower and broccoli cheese pie with mashed potato Lemon sponge	Vegetable grills roast potatoes, mixed vegetables Strawberries and natural yogurt
TEA	Hot fish and/or cheese triangles with cucumber and carrot sticks Fresh fruit and ice-cream	Picnic tea – variety of sandwiches, cheese, hummus, cheesy wheels, and vegetable sticks Oat cookie	Moroccan cous cous and vegetables Eves pudding	Vegetable quesadillas Fresh fruit	Pasta Alfredo – courgettes, carrots, peas, broccoli, tomatoes and cream cheese. Topped with grated cheese Fruit flan
WEEK FOUR OF FOUR					
LUNCH	Chilli – cannelloni beans, tomato onion, mushrooms with jacket potato and cheese Crunchy summer crumble	BBQ Quorn with noodles and vegetables Yoghurt	Salmon and potato bake in creamy sauce with vegetables Fruit cocktail and ice-cream	Vegetable grills roast potatoes, mixed vegetables Melon	Quorn chunk tikka with vegetables and rice Fruit sorbet
TEA	Vegetable balls, vegetarian mince in gravy mixed vegetables and rice Fresh fruit	Vegetable frittata with baked beans Pineapple upside down cake	Tomato and basil tart and vegetable sticks and coleslaw Apricot squares	Cheese wraps with cherry tomato and vegetable sticks Rice pudding	Tuna/cod with leeks, broccoli and butternut squash topped with creamy mashed potato Yoghurt and stewed apples

