

Week two

	Breakfast	Lunch MENU	Tea	Baby Tea 9-12 mnths
Monday 	Selection of cereals and wholemeal toast. & fruit	Thai Turkey Curry in coconut sauce with rice V- Thai Quorn curry in coconut sauce with rice Pudding-Pineapple upside down cake	Ham sandwiches & cucumber sticks V- Quorn ham & cucumber sticks. Pudding-Pears	Frittatas with spinach, new potatoes and cherry tomatoes. Pudding- pear puree
Tuesday 	Selection of cereals and wholemeal toast. & fruit	Carrot & lentils soup with a bread roll Pudding-Raspberry sponge cake	Cous Cous salad Pudding- peaches	Brown rice and vegetable risotto Pudding-Mashed bananas
Wednesday 	Selection of cereals and wholemeal toast. & fruit	Vegan pasta bake Blue berry oaty biscuits	Beans on toast Pudding -Mixed fruit salad	Beans on toast Pudding- Smoothie bowl
Thursday 	Selection of cereals and wholemeal toast. & fruit	BBQ chicken with potato wedges and sweetcorn V-BBQ Quorn chicken with potato wedges and sweetcorn Pudding-Banana and apricot swirls	Bagels with turkey and cucumber sticks. V-Bagels with Quorn turkey and cucumber sticks Pudding-Apricots	Roast carrot and tomato soup Pudding-Apple and carrot muffins
Friday 	Selection of cereals and wholemeal toast. & fruit	Salmon risotto V- Vegetable risotto Pudding -Blueberry muffins	Guacamole/hummus, rice cakes and peppers. Pudding- Pineapple	Spinach, carrot and sweetcorn mash. Pudding- Smoothie bowl