



Autumn–Winter 2025 Menu (4weeks)

Breakfast (daily)

- Selection of low-sugar cereals or porridge with milk
- Wholemeal toast or baked goods
- Seasonal fruits

Snacks (mid-morning & afternoon)

- Fresh fruit or vegetable sticks
- Milk or water



WEEK 1

MONDAY

Lamb & Lentil Ragu With Wholemeal Pasta, Peas & Carrots.

Veg.: Lentil & Veggie Ragu With Wholemeal Pasta

Dessert: Stewed Apples With Yoghurt

TUESDAY

Roast Chicken, Roast Potatoes, Cabbage & Gravy

Veg.: Zucchini Fritters, Roast Potatoes, Cabbage & Gravy

Dessert: Pear Slices

WEDNESDAY

Sweet & Sour Turkey With Rice & Broccoli

Veg.: Sweet & Sour Vegetables With Rice.

Dessert: Banana Custard

THURSDAY

Tuna & Sweetcorn Wholemeal Wrap With Cucumber Sticks

Veg.: Falafel Wrap With Cucumber Sticks

Dessert: Fresh Fruit Salad

FRIDAY

Fish Pie With Seasonal Mixed Veg

Veg.: Veggie Pie With Seasonal Mixed Veg.

Dessert: Melon Wedges

WEEK 2

MONDAY

Jacket Potato With Baked Beans & Grated Cheese

Veg.: Same

Dessert: Apple & Oat Crumble With Custard

TUESDAY

Vegetable Tagine With Couscous

Veg.: Same

Dessert: Orange Wedges

WEDNESDAY

Chicken & Veg Chilli With Brown Rice

Veg.: Lentil Chilli With Brown Ricey

Dessert: Fruit Yoghurt

THURSDAY

Tomato Pasta Bake With Turkey Meatballs, Broccoli

Veg.: Falafel Wrap With Cucumber Sticks

Dessert: Stewed Pears

FRIDAY

Margarita Pizza With Potato Wedges & Mixed Salad

Veg.: Same

Dessert: Fresh Fruit Platter



WEEK 3

MONDAY

Mild Lamb Curry With Rice & Green Beans

Veg.: Lentil Curry With Rice

Dessert: Seasonal Fruit Compote

TUESDAY

Chicken & Sweetcorn Wholemeal Wrap

Veg.: Cheese & Cucumber Wrap

Dessert: Yoghurt & Berries

WEDNESDAY

Fishcakes With Mashed Potato & Peas

Veg.: Quorn Dippers With Mashed Potato & Peas

Dessert: Apple Slices

THURSDAY

Chicken & Vegetable Stew With Bulgur Wheat

Veg.: Sweet Pepper & Bean Stew With Bulgur Wheat

Dessert: Satsumas

FRIDAY

Turkey Burger In Wholemeal Bun With Salad & Sweet Potato Fries

Veg.: Veggie Burger Option

Dessert: Fruit Salad

WEEK 4

MONDAY

Shepherd's Pie (Lamb & Lentils) With Cabbage

Veg.: Vegan Shepherd's Pie

Dessert: Stewed Fruit With Yoghurt

TUESDAY

Cheesy Broccoli & Cauliflower Wholemeal Pasta Bake

Veg.: Same

Dessert: Pear Slices

WEDNESDAY

Chilli Con Carne With Rice

Veg.: Three Bean Chilli With Rice

Dessert: Banana Bread Slice

THURSDAY

Chicken & Avocado Sandwich , Carrot Sticks

Veg.: Chickpea & Avocado Sandwich, Carrot Sticks

Dessert: Fruit Yoghurt

FRIDAY

Baked Cod With Diced Potatoes & Peas

Veg.: Vegetable Nuggets With Diced Potatoes & Peas

Dessert: Fresh Fruit Salad





Tea Menu

(Autumn – Winter 2025)



WEEK 1

MONDAY

Cheese & Tomato Toastie With
Cucumber Slices

TUESDAY

Couscous Veggie Soup

WEDNESDAY

Egg Mayo Sandwich On
Wholemeal Bread, Carrot Sticks

THURSDAY

Rice Cakes With Hummus &
Pepper Sticks

FRIDAY

Pitta Pizza With Tomato
& Cheese

WEEK 2

MONDAY

Vegetable Rice

TUESDAY

Scones With Butter & Sliced
Apple

WEDNESDAY

Cheese & Cucumber
Sandwich

THURSDAY

Mini Vegetable Omelette
Muffins

FRIDAY

Crackerbread with cheese

WEEK 3

MONDAY

Fish Fingers and Beans

TUESDAY

Mini Pasta Salad Pots With
Cheese & Peas

WEDNESDAY

Crumpets With Butter &
Banana Slices

THURSDAY

Chicken & Salad Rolls

FRIDAY

Vegetable Sticks With
Breadsticks & Yoghurt Dip

WEEK 4

MONDAY

Bagel With Cream Cheese &
Cucumber

TUESDAY

Tomato Soup With Wholemeal
Toast Fingers

WEDNESDAY

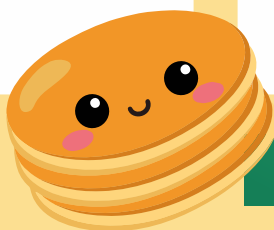
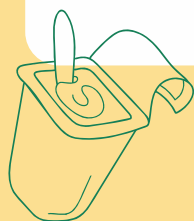
Mini Pizza

THURSDAY

Cheese & Sweetcorn Quesadilla
On Wholemeal Tortilla

FRIDAY

Pancakes With Stewed Apples
& Cinnamon



All Tea Meals have a vegetarian alternative



Breakfast



WEEK 1

MONDAY

Weetabix With Milk, Apple Slices

TUESDAY

Wholemeal Toast With Cream Cheese, Cucumber

WEDNESDAY

Low-Sugar Cereal With Milk, Banana

THURSDAY

Yoghurt With Oats & Pear

FRIDAY

Wholemeal Bagel With Butter, Satsuma

WEEK 2

MONDAY

Shredded Wheat With Milk, Apple Wedges

TUESDAY

Wholemeal Toast With Homemade Jam, Pear

WEDNESDAY

Cornflakes With Milk, Banana

THURSDAY

Yoghurt With Berries

FRIDAY

Wholemeal Pancakes With Fruit Slices

WEEK 3

MONDAY

Rice Krispies With Milk, Pear Slices

TUESDAY

Wholemeal Toast With Soft Cheese, Apple

WEDNESDAY

Low-Sugar Cereal With Milk, Satsuma

THURSDAY

Yoghurt With Granola & Raisins

FRIDAY

Crumpet With Butter, Banana Slices

WEEK 4

MONDAY

Weetabix With Milk, Pear

TUESDAY

Wholemeal Toast With Sunflower Spread, Cucumber

WEDNESDAY

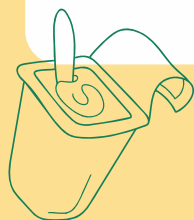
Cornflakes With Milk, Apple Slices

THURSDAY

Yoghurt With Oats & Fruit

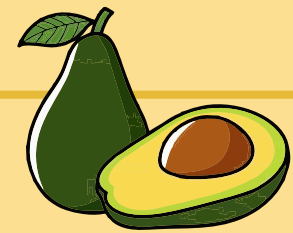
FRIDAY

Wholemeal English Muffin With Butter, Satsuma



Baby Weaning Menu

(Lunch&Tea)



WEEK 1

LUNCH

Mon: Lamb & Lentil Ragu With Soft Pasta Shapes, Mashed Carrot

Tue: Mashed Roast Chicken With Soft Potato & Blended Cabbage

Wed: Puréed Turkey With Soft Rice & Broccoli

Thu: Flaked Tuna Mixed With Mashed Sweet Potato, Cucumber Sticks

Fri: Fish With Potato & Blended Peas

TEA

Mon: Mashed Avocado On Soft Bread Fingers

Tue: Couscous Veggie Soup Purée With Bread Fingers

Wed: Mashed Boiled Egg With Carrot Purée

Thu: Hummus On Soft Rice Cakes

Fri: Mini Pitta Fingers

WEEK 2

LUNCH

Mon: Mashed Jacket Potato With Baked Beans (Skin Removed)

Tue: Puréed Vegetable Tagine With Soft Couscous

Wed: Mashed Chicken With Rice & Blended Peppers

Thu: Tomato Pasta Purée With Small Soft Pasta & Blended Meatballs

Fri: Soft Pizza Toast (Wholemeal Bread Topped With Tomato & Cheese, Cut Into Fingers)

TEA

Mon: Vegetable Rice

Tue: Soft Scone Pieces With Mashed Apple

Wed: Tuna Mashed With Yoghurt, Spread Thinly On Bread Fingers

Thu: Mini Veggie Omelette Strips (Soft, No Added Salt)

Fri: Mashed Avocado & Pear Purée

WEEK 3

LUNCH

Mon: Mild Lamb & Lentil Curry With Mashed Rice & Blended Beans

Tue: Hummus With Soft Steamed Veg Sticks (Carrot, Courgette)

Wed: Mashed Salmon With Potato & Blended Peas

Thu: Puréed Chicken & Veg Stew With Bulgur Wheat

Fri: Turkey Burger Patty, Broken Up, With Mashed Sweet Potatoes

TEA

Mon: Fish Fingers and Beans

Tue: Soft Pasta Spirals With Grated Cheese, Mashed Peas

Wed: Soft Crumpet Pieces With Mashed Banana

Thu: Shredded Chicken With Avocado Mash

Fri: Soft Veg Sticks With Yoghurt Dip

WEEK 4

LUNCH

Mon: Mashed Shepherd's Pie (Beef, Lentils, Potato, Cabbage Puréed For Younger Babies)

Tue: Mashed Cheesy Pasta With Broccoli & Cauliflowers

Wed: Puréed Chilli (Beef & Beans) With Mashed Rice

Thu: Mashed Chicken With Avocado & Carrot Purée

Fri: Flaked Cod With Mashed Potato & Blended Peas

TEA

Mon: Soft Bagel Fingers With Cream Cheese

Tue: Tomato Soup Purée With Bread Fingers

Wed: Mini Pizza

Thu: Mashed Sweetcorn With Soft Tortilla Fingers

Fri: Mashed Apple With Soft Pancake Strips

