

THREE WEEK ROLLING MENU 2015

Week 1 Menu for 6-12 months.

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 6month first foods	Low sugar baby rice and/or mango puree	Low sugar baby rice	Sugar free rusk	Low sugar baby rice and/or apple puree	Sugar free rusk
Snack next steps 6-12 months	Weetabix Finger food: Carrot strips	Homemade raisin bread squares Finger food: Banana	Warm oat cereal with chopped raisins Finger food: Pear slices	Homemade cheesy bread with creamed cheese Finger food: Apple slices	Warm oat cereal Finger food: Banana.
Lunch 6month first foods	A selection of individual pureed vegetables, followed by pureed fruit, agreed with parents.				
Lunch next steps: 6-9months 'mashed puree' 10-12months 'lumpy mashed' Finger foods cooked	Main: Carrot, pea and lentil bake Finger food: Peas Pudding: Apricot puree with low sugar custard or pudding sauce	Main: Stewed lamb, fresh mixed vegetables and couscous Finger food: Broccoli Pudding: Melon	Main: Spaghetti Bolognese (with turkey breast mince) Finger food: Courgette Pudding: Apple and berry puree with custard or pudding sauce	Main: Breast of chicken with vegetables and rice in a creamy sauce. Finger food: Butternut squash Pudding: Semolina with apricot puree or fruit butter	Main: Tuna and vegetable bake Finger food: Carrot strips Pudding: Fromage frais.
Tea 6 month first foods	A selection of individual pureed vegetables, followed by pureed fruit, agreed with parents.				
Tea next steps	Main: Parsnip and Pear bake Finger food: Butterbeans and pasta shapes Pudding: Slices of softened apple	Main: Carrot, parsnip and lentil bake Finger food: Softened pepper strips Pudding: Peach slices	Main: Baked bean bake Finger food: Bread squares or breadsticks Pudding: Banana	Main: Tomato and spinach with pasta Finger food: Butterbeans Grated cheese (10-12m) Pudding: Softened pear	Main: Broccoli and leek bake Finger food: Hard boiled egg segments. Pudding: Peeled and quartered grapes.
Nutritional Information	*Lentils, beans & butterbeans and other pulses are a high quality protein for growth and repair. *Carrots- good source of fibre (healthy gut) and vitamin A eyes and skin	*Bananas are high in fibre for intestinal health & regularity, also vitamin C, & potassium. *Red meat– contains iron (good for blood, body & mind)...a high quality protein for growth & repair.	*Pasta- a carbohydrate like rice bread, potatoes, cous cous noodles and breakfast cereals. Carbohydrates provide energy and stamina.	*Apple like other fruits & vegetables are high in fibre (for intestinal health & regularity) vitamins and minerals (all essential for life and growth processes). *White meats are high quality protein low in fat & easy to digest.	*Tuna like other oily fish has vitamin D and omega 3 which is essential for brain development and nervous system function *Eggs are a good source of Vitamin A & D and a high quality protein.

Week 1 Menu for children over 12 months.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack (Finger foods softened appropriate for under 2 year olds)	Wholemeal and white toast with cream cheese Finger food: Organic carrot strips (softened for the under twos) and raisins	Homemade raisin bread served with creamed cheese Finger food: Melon	Popcorn Finger food: Banana	Homemade cheesy bread with cream cheese Finger food: Apple and raisins	Choice of cereal Finger food: Satsuma oranges
Lunch	Main: Green Lentil bake, cooked with a selection of fresh vegetables, served with mashed or new potatoes Side vegetable: Peas Pudding: Low sugar apricot sponge served with low sugar custard or pudding sauce	Main: Moroccan Lamb, fresh mixed vegetables and couscous. Side vegetable: Broccoli Pudding: Fresh fruit salad with a little ice cream	Main: Spaghetti Bolognese (with turkey breast mince) and mixed vegetable Side vegetable: Courgette Pudding: Apple and berry crumble with custard or pudding sauce	Main: Breast of chicken with fresh vegetables in a creamy sauce served with rice. Side vegetable: Butternut squash Pudding: Semolina with apricot puree or fruit butter	Main: Mackerel fishcake to share, served with seasonal vegetables Side vegetable: Peas and sweetcorn Pudding: Fresh fruit salad and a little ice cream
Tea	Main: Pasta in a home made tomato salsa, with grated cheese and homemade bread. Finger food: Cucumber slices Pudding: Apple	Main: Homemade Carrot and parsnip soup Finger food: Bread rolls or "soldiers" and a little cheese Pudding: Banana	Main: Healthy baked beans served with jacket potato or home made bread rolls Finger food: Carrot strips Pudding: Pear	Main: Spaghetti with homemade tomato salsa Finger food: Grated cheese and Banana Pudding: Homemade fruit loaf	Main: Thick leek and broccoli soup Finger food: Bread rolls or "soldiers" and a little cheese Pudding: Low sugar biscuit or cake
Nutritional Information	*Raisins (like dried apricots, broccoli and spinach) are high in iron needed by babies and young children for their blood, body and mind. *Lentils and butterbeans are high in high quality protein needed for growth and repair.	*Bananas are rich in fibre, vitamin C and potassium . (Vitamins and minerals are all essential (vital) for healthy life and growth processes). *Red meat – good source of iron, folate and high quality protein needed for growth and repair.	*Spaghetti is a carbohydrate like bread, rice, potatoes, couscous, noodles and breakfast cereals. They provide energy. *Carrots- a good source of fibre – for intestinal health & regularity) and Vitamin A for healthy eyes and skin.	*Apple like many fruits are high in fibre and Vitamins and minerals *Whole Milk used in puddings (custard semolina, rice pudding etc) contains Vitamin A & D and calcium which are needed together for building bones and teeth.	*Mackerel like other oily fish has Vitamin D & omega 3 - essential for brain development and function. Our fish is sustainably caught. *Eggs- high in Vitamin A & D . & high quality protein needed for growth and repair. Our eggs normally come from our own free- range chickens.

THREE WEEK ROLLING MENU 2015

Week 2 Menu for 6-12 months.

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 6month first foods	Carrot puree	Organic low sugar baby rice.	Banana puree	Organic low sugar baby rice	Organic sugar free rusk
Snack next steps 6-12 months	Toast fingers with cream cheese. Finger food: Softened carrot sticks and raisins	Weetabix Finger food: Softened pear quarters	Warm oat cereal with chopped raisins Finger food: Banana	Toast fingers with cream cheese Finger food: Softened apple	Homemade raisin bread Finger food: Peeled and quartered grapes
Lunch 6month first foods	A selection of individual pureed vegetables, followed by pureed fruit, agreed with parents.				
Lunch next steps: 6-9months 'mashed puree' 10-12months 'lumpy mashed' Finger foods cooked	Main: Pinto bean and sweet potato bake Finger food: Cooked peas Pudding: Homemade low sugar chocolate semolina	Main: Tuna and vegetable lasagne Finger food: Cooked courgette sticks Pudding: Apricot puree and custard	Main: Stewed lamb and tomatoes, with mashed potato Finger food: Cooked parsnip sticks Pudding: Rice pudding with a little grape jelly or pear puree	Main: Lentil and vegetable stew Finger food: Cooked potato segments Pudding: Cooked apple and berries with custard	Main: Chicken breast and mixed vegetables with rice Finger food: Broccoli Pudding: Bananas and custard
Tea 6month first foods	A selection of individual pureed vegetables, followed by pureed fruit, agreed with parents.				
Tea next steps	Main: Farfalle in homemade watercress salsa Finger food: Hard boiled egg segments Pudding: Peeled and quartered grapes	Main: Butternut and carrot bake Finger food: Raisin bread fingers Pudding: Softened apple slices	Main: Butterbean, broccoli, and cheese bake Finger food: Cucumber sticks Pudding: Tinned peaches	Main: Baked bean bake and cheese bake Finger food: Soft bread squares Pudding: Fromage frais	Main: Cheesy leeks and potato Finger food: Cucumber sticks Pudding: Tinned apricot
Nutritional Information	*Sweet potato- carbohydrate like bread, rice, potatoes, coos- coos, noodles and breakfast cereals. They provide energy and stamina. *Watercress -More iron than spinach, calcium than milk, and Vitamin C than oranges a great food for children.	*Tuna an "oily" fish offers Vitamin D & omega 3 (brain & nervous system development). *Raisins (like dried apricots, broccoli and spinach) are high in iron needed by babies and young children for healthy blood, body and mind.	*Whole Milk – Vitamin A & D + Calcium , needed together to build bones & teeth. Combined with a cereal such as rice it offers a nutritious pudding for young children. *Meat– high quality protein for growth & repair Red meat offers iron (healthy blood).	*Lentils, beans, peas, and other pulses offer high quality protein - necessary for growth and repair.	*Rice is a carbohydrate like bread, pasta, potatoes & cereals. They provide energy. *Broccoli like all green leafy vegetables is rich in fibre, Vitamins A, C & Minerals like iron (Vitamins & minerals are vital for life & growth).

Week 2 Menu for children over 12 months.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack (Finger foods softened as appropriate for under 2 year olds)	Wholemeal and white toast with cream cheese Finger food: Carrot strips and raisins	Choice of cereal Finger food: Pear slices and sultanas	Homemade sunflower seed bread or toast with cream cheese Finger food: Banana	Choice of cereal Finger food: Apple slices and sultanas	Homemade raisin bread with cream cheese. Finger food: Grapes
Lunch	Main: Pinto bean and tomato and vegetable bake with mashed or new potatoes Side vegetable: Peas Pudding: Homemade low sugar chocolate semolina	Main: Tuna and vegetable lasagne Side vegetable: Courgette Pudding: Apricot sponge with custard.	Main: Leg of lamb stewed with pearl barley and vegetables served with roast potatoes Side vegetable: Parsnip Pudding: Rice pudding with a little grape jelly or pear puree	Main: Organic lentil and vegetable spaghetti bolognaise. Side vegetable: Peas Pudding: Apple and Berry crumble with custard or pudding sauce.	Main: Diced breast chicken and mixed vegetables with rice Side vegetable: Broccoli Pudding: Bananas and custard
Tea	Main: Spaghetti served in homemade watercress salsa Finger food: Grated cheese. Orange segments Pudding: Low sugar fruit cake or biscuit	Main: Thick butternut carrot and red lentil soup with homemade bread rolls Pudding: Apple slices	Main: Homemade pizza Finger food: Sliced cucumber, sliced pear Pudding: Homemade fruit loaf.	Main: Healthy baked beans with home made bread rolls Finger food: Sliced carrot Pudding: Satsuma's	Main: Penne Pasta in a home made tomato salsa Finger food: Grated cheese, sliced cucumber Pudding: Low sugar cake or biscuit
Nutritional Information	*Pinto beans like lentils, peas, and other pulses offer high quality protein - necessary for growth and repair. *Watercress -More iron than spinach, calcium than milk, and Vitamin C than oranges a great food for children.	*Carrots- a good source of fibre – for intestinal health & regularity) and Vitamin A for healthy eyes and skin. Tuna an oily fish offers Vitamin D and omega 3 essential for brain and nervous system development	* Tomatoes are full of Vitamins A, C, & E & minerals (Calcium, Iron & Potassium) . Vitamin C is for wellbeing and wards off illness. Vitamin A for eyes and skin. *Red meat– contain iron (good for blood, body & mind)...a high quality protein for growth & repair.	*Cereals (or grains) contain the B Vitamins and iron for healthy blood. They provide carbohydrates, fats & oils that give us energy and stamina, and protein (for growth)	*Lowering the sugar content of our foods is vital to ensure we do not eat too many calories. High consumption of sugar in sweet foods and drinks can lead to being overweight or obese with its affiliated diseases such as diabetes.

Week 3 Menu for 6 -12 months.

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	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 6month first foods	Organic low sugar baby rice with mango puree	Organic low sugar baby rice with apple puree.	Organic sugar free rusk	Organic low sugar baby rice with apple puree	Organic sugar free rusk
Snack next steps 6-12 months	Weetabix Finger food: Softened apple	Cheesy bread squares with creamed cheese Finger food: Cucumber strips	Toast fingers with cream cheese. Finger food: Melon	Warm oat cereal with chopped raisins Finger food: Softened apple	Raisin bread squares with cream cheese Finger food: Peeled and quartered grapes
Lunch 6month first foods	A selection of individual pureed vegetables, followed by pureed fruit, agreed with parents.				
Lunch next steps: 6-9months 'mashed puree' 10-12months 'lumpy mashed' Finger foods cooked	Main: Butterbean and vegetable stew Finger food: Boiled potato wedges Pudding: Banana and custard	Main: Chicken, pear, parsnip, swede and rice Finger food: Cooked peas Pudding: Apple puree with full fat yoghurt	Main: Flaked salmon and mashed potato Finger food: Broccoli Pudding: Semolina with apricot puree	Main: Rice with lentil and tomato sauce Finger food: Pasta pieces Pudding: Fromage frais	Main: Minced beef, pasta and butternut Finger food: Cooked carrot strips Pudding: Unsweetened rice pudding with dried apricot puree
Tea 6month first foods	A selection of individual pureed vegetables, followed by pureed fruit, agreed with parents.				
Tea next steps	Main Mashed hard boiled egg and tomatoes Finger food: Cucumber strips Pudding: Raisin bread squares	Main: Potato and baked bean bake Finger food: Cooked carrot Pudding: Banana strips	Main: Mashed sweet potato and avocado Finger food: Peeled and softened pepper	Main: Cheesy leek and potato Finger food: Broccoli Pudding: Pear	Main: Butternut risotto Finger food: Grated cheese Pudding: Softened apple slices
Nutritional Information	*Weetabix -Cereals (or grains) contain the B Vitamins and iron for healthy blood. They provide carbohydrate & healthy fats & oils that give us energy and protein (for growth)	*Chicken-White meats like chicken and turkey are high quality protein and low in fat. They are easy to digest. N.B. - Our chicken as with all our meat are free range and traditionally farmed. No growth hormones are used.	*An avocado like milk is a "complete" food in itself. They are rich in Vitamins & minerals, good quality fats and oils and protein. *Salmon- an "oily" fish offers Vitamin D & omega 3 (essential for brain development & nervous system function).	*Broccoli like many green leafy vegetables are rich in fibre, Vitamins A,C & Minerals like iron (Vitamins & minerals are vital for life & growth). *Rice - a carbohydrate like bread, potatoes, noodles couscous, and cereals it provides energy.	*Beef- a red meat so contains iron (good for blood, body & mind)...a high quality protein for growth & repair. *Bananas are high in fibre for intestinal health & regularity, also vitamin C, & potassium.

Week 3 Menu for children over 12 months.

THREE WEEK ROLLING MENU 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack (Finger foods softened as appropriate for under 2 year olds)	Choice of cereal Finger food: Fresh apple	Home made cheesy bread with cream cheese. Finger food: Cucumber with raisin.	Choice of cereal Finger food: Banana and sultanas	Wholemeal and white toast with cream cheese Finger food: Satsuma segments and raisins	Homemade raisin bread served with cream cheese Finger food: Grapes
Lunch	Main: Creamy vegetable and butterbean bake Side vegetable: Green beans Pudding: Mango puree and icecream.	Main: Mild chicken and vegetable curry with rice. Home made chapattis if time allows Side vegetable: Peas Pudding: Home made apple and berry crumble with custard or pudding sauce	Main: Creamy salmon and vegetables topped with mashed potatoes. Side vegetable: Sweet corn Pudding: Semolina with apricot puree	Main: Lentil and vegetable lasagne Side vegetable: Parsnip batons Pudding: Fresh fruit salad	Main: Cottage Pie Side vegetable: Cauliflower Pudding: Old fashioned rice pudding with a little grape jelly
Tea	Main: Penne pasta in home made tomato salsa Finger food: Grated cheese Pudding: Popcorn	Main: Healthy baked beans with jacket potato Finger food: Carrot strips Pudding: Banana	Main: Spaghetti with home made watercress salsa Finger food: Grated cheese, cucumber slices Pudding: Low sugar cake or biscuit	Main: Thick leek and broccoli soup Finger food: Homemade bread rolls or bread soldiers Pudding: Sliced pear	Main: Home made pizza Finger food: Cucumber and carrot. Pudding: Home made low sugar cake or biscuit
Nutritional Information	*Vegetables like fruits are high in fibre and vitamins and minerals (Vitamins & minerals are vital for life & growth). *Raisins (like dried apricots, broccoli and spinach) are high in iron needed by babies and young children for their blood, body and mind.	*Bananas are high in fibre for intestinal health & regularity, also Vitamin C, & potassium . *Lowering the sugar content of our recipes helps to ensure the children don't consume too many calories at nursery and develop a sweet tooth. High sugar consumption from sweet junk food & drinks can lead to childhood obesity & the related diseases like diabetes that accompany it..	*Pasta - carbohydrate like bread, rice, potatoes, cous-cous, noodles and breakfast cereals, they provide energy and stamina. *Salmon an "oily" fish offers Vitamin D & omega 3 (brain development) Our fish is sustainably caught.	*Lentils, beans, peas, and other pulses offer high quality protein - necessary for growth and repair. *Broccoli like many green leafy vegetables are rich in fibre, Vitamins A,C & Minerals like iron (vitamins & minerals are vital for life & growth).	*Red meats– contain iron (good for healthy blood).and high quality protein (growth & repair). *Whole Milk – Vitamin A & D & Calcium , needed together to build strong bones & teeth. Combined with a cereal such as rice it offers a nutritious pudding for young children.