

Little Angels Menu

WEEK 1

MONDAY

LUNCH

Chicken Casserole
(v) Bean and Mushroom Casserole
Fresh Vegetables and Rice
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Courgette and Potato 3 - 6 months
Puree : Fresh Fruit

TEA

Vegetable Soup
Bread & Butter
Fresh Fruit
Mashed of the above
Puree : Swede and Potato
Puree : Fresh Fruit

TUESDAY

LUNCH

Turkey Spaghetti Bolognese
(v) Vegetarian Bolognese with chick peas
Spaghetti with Grated Cheese and Fresh Vegetables
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Swede and Potato 3-6 months
Puree : Fresh Fruit

TEA

Jacket Potato with Cheese and Beans
Fresh Fruit
Mashed: Tuna and Potato
Puree: Pumpkin and Potato 3-6 months
Puree: Fresh Fruit

WEDNESDAY

LUNCH

Fish Pie
(v) Vegetable and Butter Bean Pie
Fresh Vegetables
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Cabbage, Carrot and Potato 3-6 months
Puree : Fresh Fruit

TEA

Pizza Bread
Fresh Fruit
Mashed of the above
Puree : Swede and Potato 3-6 months
Puree : Fresh Fruit

THURSDAY

LUNCH

Vegetable Risotto (Savoury rice)
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Broccoli and Potato 3-6 months
Puree : Fresh Fruit

TEA

Norfolk Pork Sausages
Homemade vegetable/lentil sausages
Baked Beans and Potatoes
Fresh Fruit
Mashed and puree of the above
Puree: Leek and Potato
Puree: Fresh Fruit

FRIDAY

LUNCH

Shepherds Pie
(v) Vegetable and Bean Pie
Fresh Vegetables
Fresh Fruit/Plain Yoghurt
Puree : Mixed Vegetables and Potato
Puree : Fresh Fruit

TEA

Macaroni Cheese
Cucumber, Raisins and Apple
Orange and Banana
Puree: Cabbage and Potato
Puree : Fresh Fruit