

Little Angels Menu

WEEK 3

MONDAY

LUNCH

Jalof Rice with Fresh Vegetables
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Carrots and Potato 3-6 months
Puree : Fresh Fruit

TEA

Norfolk Sausages
(v) Homemade Vegetable & Lentil Sausage
With Mashed Potato and Onion Gravy
Mashed of the above
Fresh Fruit
Puree : Sweet Potato and Broccoli 3-6 months
Puree : Fresh Fruit

TUESDAY

LUNCH

Chicken Pie with Potato and Fresh Vegetables
(v) Vegetable and Mushroom
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Courgette and Sweet Potato 3-6 months
Puree : Fresh Fruit

TEA

French bread pizza w/salad
Fresh Fruit
Mashed of the above
Puree : Broccoli, potato and carrot 3-6 months
Puree : Fresh Fruit

WEDNESDAY

LUNCH

Fresh Fish Medley with Pasta
(v) Vegetable Pasta Bake
Fresh Vegetables
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Pumpkin and Potato 3-6 months
Puree : Fresh Fruit

TEA

Jacket Potato with Cheese and Beans
Fresh Fruit
Mashed of the above
Puree : Carrot, Broccoli and Swede 3-6 months
Puree : Fresh Fruit

THURSDAY

LUNCH

Mousakka
(V) Vegetable and Bean Mousakka
Fresh Vegetables
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Parsnip and Potato 3-6 Months
Puree: Fresh Fruit

TEA

Vegetable Soup with Bread and Butter
Fresh Fruit
Mashed of the above
Puree: Potato and Avacado 3-6 months
Puree : Fresh Fruit

FRIDAY

LUNCH

Mixed Bean Casserole with Rice
Fresh Vegetables
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Savoy Cabbage, Carrots and Potatoes
Puree : Fresh Fruit

TEA

Tuna Pasta Bake
(v) Vegetable Pasta Bake
Fresh Fruit
Mashed of the above
Puree: Leeks and Potato
Puree : Fresh Fruit