

Little Angels Menu

WEEK 2

MONDAY

LUNCH

Sausage Casserole
(v) Vegetable Sausage casserole
Mashed Potato and Green Beans
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Turnip, Carrots and Potato 3-6 months
Puree :Fresh Fruits

TEA

Scrambled Egg with salmon and Cucumber
(v) Without Salmon
Bread and Butter
Fresh Fruits
Mashed of the above
Puree : Carrot and Sweet Potato 3-6 months
Puree :Fresh Fruits

TUESDAY

LUNCH

Chicken Curry with Rice
(v) Vegetable & Lentil Curry with Rice
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Courgette and Potato 3-6 months
Puree :Fresh Fruits

TEA

Vegetable Pasta
Pineapple
Mashed of the above
Puree : Pumpkin and Potato 3-6 months
Puree : Fresh Fruits

WEDNESDAY

LUNCH

Lasagne
(v) Lasagne with Black Eyed Beans and Spinach
Peas and Broccoli
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Avocado and Potato 3-6 months
Puree : Fresh Fruits

TEA

Three Bean Casserole
Fresh Fruits
Mashed of the above
Puree : Pumpkin and Potato 3-6 months
Puree : Fresh Fruits

THURSDAY

LUNCH

Turkey Pie
(V) Vegetable Pie
Mixed Fresh Vegetables
Fresh Fruit/Plain Yoghurt
Mashed or Puree of the above
Puree : Sweet Potato and Carrot
Puree: Fresh Fruits

TEA

Jacket Potato with Cheese, Beans and Cucumber
Fresh Fruits
Mashed of the above
Puree: Leek and Potato 3-6 months
Puree: Fresh Fruits

FRIDAY

LUNCH

Steamed Fish with Rice and Vegetables
(v) Steamed Vegetables with Chick Peas and Rice
Fresh Fruit/Plain Yoghurt
Mashed of the above
Puree : Peas and Potato 3-6 months
Puree : Fresh Fruits

TEA

Children's Picnic with Cheese, Sausages, Cucumber, Tomato and Bread and Butter
Fresh Fruits
Mashed of the above
Puree: Swede and Butternut Squash 3-6 months
Puree :Fresh Fruits