

Little Angels Menu

WEEK 1

MONDAY

LUNCH

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

TEA

Jacket Potato
With Sweetcorn, Salad and Cheese
Fresh Fruit
Mashed of the above
Puree: Swede and Potato
Puree: Fresh Fruit

TUESDAY

LUNCH

Chicken and Mushroom Pie with Flaky Puff Pastry
Served with Broccoli
(v) Seasonal Vegetable and Mushroom Pie
Seasonal Fresh Fruit Salad
Mashed of the above
Puree: Swede and Potato 3-6 months
Puree: Fresh Fruit

TEA

Chickpea and Couscous Salad
With Cucumber Crudites and
Homemade Yoghurt Dip
Fresh Fruit
Mashed: Tuna and Potato
Puree: Pumpkin and Potato 3-6 months
Puree: Fresh Fruit

WEDNESDAY

LUNCH

Chilli Con Carne with Wholegrain Brown Rice
(v) Lentil and Bean Con Carne
Plain Organic Yoghurt
Mashed of the above
Puree: Cabbage, Carrot and Potato 3-6 months
Puree: Fresh Fruit

TEA

Stir Fry Rainbow Vegetables with Noodles
Fresh Fruit
Mashed of the above
Puree: Swede and Potato 3-6 months
Puree: Fresh Fruit

THURSDAY

LUNCH

Steamed Cod, Haddock and Salmon
(v) Seasonal Potato Wedges
With Roasted Cajun Spiced Vegetables
Mashed of the above
Vegan Sugar-Free Biscuits
Puree: Broccoli and Potato 3-6 months
Puree: Fresh Fruit

TEA

Pasta with Basil Oil and Diced Vegetables
Fresh Fruit
Mashed and Puree of the above
Puree: Leek and Potato
Puree: Fresh Fruit

FRIDAY

LUNCH

Roast Chicken with Bulgar Wheat Served with a
Lightly Spiced Tomato, Garlic and Courgette Salad
(v) Roasted Butternut Squash
Chia Seed Fruit Pudding
Puree: Mixed Vegetables and Potato
Puree: Fresh Fruit

TEA

Duncan's Sous Chefs: Children Get Involved
Fresh Fruit
Puree: Cabbage and Potato
Puree: Fresh Fruit