

Little Angels Menu

WEEK 3

MONDAY

LUNCH

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

TEA

Penne Pasta Served With a Tomato
Ragu and Grated Cheese
Fresh Fruit
Mashed of the above
Puree: Swede and Potato
Puree: Fresh Fruit

TUESDAY

LUNCH

Homemade Lamb Burgers with Bulgar Wheat,
Gravy and Tzatziki
(v) Homemade Vegetable Burgers
Seasonal Fresh Fruit Salad
Mashed of the above
Puree: Swede and Potato 3-6 months
Puree: Fresh Fruit

TEA

Roasted Vegetable Tart
Fresh Fruit
Mashed of the above
Puree: Pumpkin and Potato 3-6 months
Puree: Fresh Fruit

WEDNESDAY

LUNCH

Three Bean Salad with Chilli served with
Rice
Plain Organic Yoghurt
Mashed of the above
Puree: Cabbage, Carrot and Potato 3-6 months
Puree: Fresh Fruit

TEA

Vegetable Homemade Pizza With Salad
Fresh Fruit
Mashed of the above
Puree: Swede and Potato 3-6 months
Puree: Fresh Fruit

THURSDAY

LUNCH

Spiced Roast Fish with Roast Sweet Potato, Carrot,
Potato and Onion
(v) Spiced Vegetables
Vegan Sugar-Free Biscuits
Mashed of the above
Puree: Broccoli and Potato 3-6 months
Puree: Fresh Fruit

TEA

Macaroni Cheese
Fresh Fruit
Mashed and puree of the above
Puree: Leek and Potato
Puree: Fresh Fruit

FRIDAY

LUNCH

Thai Style Chicken and Vegetable Noodles
(v) Thai Style Vegetable Noodles
Chia Seed Fruit Pudding
Puree: Mixed Vegetables and Potato
Puree: Fresh Fruit

TEA

Party Tea
Fresh Fruit
Puree: Cabbage and Potato
Puree: Fresh Fruit