

Little Angels Menu

WEEK 2

MONDAY

LUNCH

Lightly Spiced Roast Turkey with Lightly Spiced Wholegrain Rice, Peas and a Side Salad
(v) Broccoli and Bean Goulash
Fresh Fruit/Plain Organic Yoghurt
Mashed of the above
Puree: Courgette and Potato 3 - 6 months
Puree: Fresh Fruit

TEA

Sweet Potato Wedges with
Fresh Seasonal Salad and Beans
Cheese and Sweetcorn
Fresh Fruit
Mashed of the above
Puree: Swede and Potato
Puree: Fresh Fruit

TUESDAY

LUNCH

Pork Meatballs with Pasta/Couscous and Sauce
(v) Vegetarian Meatballs
Seasonal Fresh Fruit Salad
Mashed of the above
Puree: Swede and Potato 3-6 months
Puree: Fresh Fruit

TEA

Chickpea, Cauliflower and Spinach Curry
Served with Dahl
Fresh Fruit
Mashed of the above
Puree: Pumpkin and Potato 3-6 months
Puree: Fresh Fruit

WEDNESDAY

LUNCH

Vegetable Pasta Bake
Served with Steamed Vegetables
Plain Organic Yoghurt
Mashed of the above
Puree: Cabbage, Carrot and Potato 3-6 months
Puree: Fresh Fruit

TEA

Lamb Kofta with Homemade Tzatziki & Pitta Bread
(v) Bean and Lentil Casserole
Fresh Fruit
Mashed of the above
Puree: Swede and Potato 3-6 months
Puree: Fresh Fruit

THURSDAY

LUNCH

Oven Roasted Herb Chicken
With Steamed Potato and Vegetables
(v) Roasted Vegetables with Steamed Potato
Vegan Sugar-Free Biscuits
Mashed of the above
Puree: Broccoli and Potato 3-6 months
Puree: Fresh Fruit

TEA

Black Bean Stew with Chilli and
Turmeric Rice
Fresh Fruit
Mashed and Puree of the above
Puree: Leek and Potato
Puree: Fresh Fruit

FRIDAY

LUNCH

Paprika Roasted Fish
Served with Couscous and Steamed Vegetables
(v) Paprika Roasted Root Vegetables
Chia Seed Fruit Pudding
Puree: Mixed Vegetables and Potato
Puree: Fresh Fruit

TEA

Make Your Own! (Tortilla Wraps)
Fresh Fruit
Puree: Cabbage and Potato
Puree: Fresh Fruit