

hdc

Happy Memories. Curious Minds.



Monday



Tuesday



Wednesday



Thursday



Friday

Spring Menu

Morning Snack
with milk

Toast fingers and
pureed fruits

Cheese and spinach
scone with melon
fingers

½ Rice cake with soft
fruit

Cheese sticks and
mashed banana

Yogurt and fruit

Lunch
Totalling to 200g

Fish flakes and mashed
vegetables

Mashed vegetables and
chicken with new
potatoes

Root mash with
lentils and green beans

Vegetable and lentil
soup with toast fingers

Chicken and vegetables
in a white sauce

Vegetarian Option

Cauliflower, potato
and leek mix

Mashed vegetables and
vegetarian chicken and
new potatoes

Vegetarian chicken with
vegetables in a white
sauce

Pudding

Sliced apricots

Natural yogurt and fruit

Mashed/Sliced banana

Fruit slices

Orchard fruit puree

High Tea
with milk

Fruit puree with yogurt
and breadsticks

Jacket potatoes with
beans

Avocado puree with
hummus and
cucumber fingers

Cheese, apple and
potato mash

Finger sliced sandwiches

Allergens

Wheat, Dairy, Fish

Egg, Dairy, Wheat

Wheat, Dairy

Dairy, Wheat

Wheat, Dairy

Water is available throughout the day. Our milks include cows, rice, lactose soya. We offer wheat, soya and dairy free options using a selection of free from, Quorn, vegetable and lentil products. Breakfast of porridge and cereals is served between 7:30 – 8:30. 8 to 10 months mashed or minced foods will be provide.



Monday



Tuesday



Wednesday



Thursday



Friday

Spring Menu

Morning Snack
with milk

Pureed fruit and
½ a rice cake

Porridge and fruit

Yogurt and fruit

Bread stick
and pureed fruit

Toast fingers and
mashed banana

Lunch
Totalling to 200g

Ham, mashed
vegetables with green
bean fingers

Vegetable and
lentil chickpea curry
with brown rice

Meatballs in a hidden
vegetable tomato sauce

Turkey, mash with
seasonal vegetables

Fish flakes, mashed
potatoes and vegetables

Vegetarian Option

Meat free roast with
mashed potato and veg

Meat-free pieces in a
hidden vegetable
tomato sauce

Vegetable and bean
casserole

Meat-free pieces,
mashed potatoes and
vegetables

Pudding

Pureed fruit and yogurt

Banana slices

Apple and cheese
fingers

Custard and
seasonal fruit

Natural yogurt with
fruit

High Tea

Homemade soup with
toast fingers

Pizza fingers and salad

Savoury sandwiches
with salad sticks

Tuna pasta bake

Pitta fingers with soft
cheese and salad sticks

with milk
Allergens

Wheat, Dairy

Wheat, Dairy

Wheat, Dairy

Wheat, Dairy, Fish

Wheat, Dairy, Fish



Monday



Tuesday



Wednesday



Thursday



Friday

Spring Menu

Morning Snack
with milk

Crumpets with fruit

Yogurt and fruit

Tea loaf and salad sticks

Beetroot bread fingers
and fresh fruit

Muffins and fresh fruit

Lunch
Totalling to 200g

Potato, leek and
cheese pie served with
vegetables

Homemade lasagne
served with garlic bread

Chicken, mash and
vegetables

Fish flakes, mashed
potatoes and vegetables

Beef and vegetable chilli
with potato

Vegetarian Option

Vegetable lasagne with
garlic bread

Meat-free pieces with
mash and vegetables

Vegetable, beans and
potato

Vegetarian chilli with
potato

Pudding

Fruit crumble

Banana slices

Bananas and custard

Apple and raisins

Sugar free jelly

High Tea

Half a hard boiled egg
with soldiers

Quiche and salad sticks

Baked beans with toast
squares

Chicken pasta salad

Homemade pizza slices
with salad fingers

with milk

Allergens

Wheat, Dairy, Egg

Wheat, Dairy, Egg

Wheat, Dairy

Wheat, Dairy, Fish

Wheat, Dairy