

## Week One

Fresh drinking water is freely available throughout the day.  
Take a break trolley is available in Shooting Stars

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast
<b>Lunch</b>	Homemade chilli con carne made with lean mince served with rice and tortilla's	Homemade beef lasagne served with Peas & Sweet corn & Garlic Bread	Roast Pork & apple casserole served with roast potatoes carrots and green beans	Homemade fisherman's pie topped with cheese	Homemade cheese and potato pie served with baked beans or seasonal vegetables
<b>Pudding</b>	Stewed Apple with custard.	Yoghurt	Yummy Ginger Cake	Ice cream	Homemade fruity flapjack made with organic oats
<b>Snacks</b> 10.00am & 2.30pm	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water
<b>Light Tea</b>	Warm sultana pancakes with sliced banana	Cream cheese bagels sprinkled with carrot batons	Sliced Fruit loaf with a juicy orange wedge	Wholemeal sandwiches & Cheesy nibbles	Ham & Cheese wraps with carrot sticks

### Weaning Stage One - Puree (from 6 months)

<b>Lunch</b>	Sweet potato & broccoli	Butternut squash	Parsnip & apple puree	Vegetable puree	Trio root vegetables
<b>Tea</b>	Fruit puree	Apple & Pear puree	Avocado	Banana	Fruit puree

### Weaning Stage Two - Puree (from 7 to 9 months)

<b>Lunch</b>	Vegetable puree with tomatoes and cheese	Chicken & broccoli puree	Chicken, sweet potato and apple	Fish puree	Potato, leek and carrot puree
<b>Light tea</b>	Cheese on toast fingers	Bagels with cream cheese	Raison toast fingers	Mini sandwiches with marmite	Mini pasta salad

### Weaning Stage Three (9 to 12 months)

At this stage your baby will probably be much more proficient at chewing and chopped or mashed food can replace purees. We would at this stage offer the main menu chopped or mashed to the consistency appropriate to their stage of development. Bright Beginnings will ensure that babies in our care are offered a variety of tastes and textures throughout the day.

## Week Two

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast
<b>Lunch</b>	Homemade Tuna pasta bake packed with fresh vegetables, topped with cheddar cheese	Homemade mild fruity chicken served with rice and prawn crackers	Jacket Potato served with Chilli con carne and grated cheese.	Roast Chicken served roast potatoes carrots and Green beans	Fish fingers and buttery mash potato with peas and sweet corn
<b>Pudding</b>	Sliced Banana with custard	Homemade apple crumble and custard	Fruit and Ice cream	Angel Delight	Fairy cakes
<b>Snacks</b> 10.00am & 2.30pm	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water
<b>Light Tea</b>	Warm buttered crumpets & fromage frais	Sliced fruit loaf served with an orange wedge	Wholemeal sandwiches with savoury egg or cheese fillings	Warm buttered muffins served with a melon wedge	Cheese & Cucumber wraps

### Weaning Stage One - Puree (from 6 months)

<b>Lunch</b>	Trio of root vegetable	Sweet potato & broccoli	Vegetable puree	Butternut squash	Potato & carrot puree
<b>Tea</b>	Banana	Fruit puree	Apple & pear puree	Fruit puree	Avocado

### Weaning Stage Two - Puree (from 7 to 9 months)

<b>Lunch</b>	Fish puree	Chicken, sweet potato and apple	Vegetable puree with tomatoes and cheese	Chicken & broccoli puree	Fruity Chicken with butternut squash
<b>Light tea</b>	Raison toast fingers	Bagels with cream cheese	Mini pasta salad	Cheese on toast fingers	Mini sandwiches with marmite

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<b>Breakfast</b>	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast
<b>Lunch</b>	Cheese and potato Pie with Baked Beans	Fish fingers and boiled potatoes with carrots and sweet corn	Beef casserole served with mashed potato, carrots and green beans	Homemade mild chicken curry served with rice and naan bread	Spaghetti Bolognese packed with hidden vegetables and Garlic Bread
<b>Pudding</b>	Fresh Fruit	Homemade Lemon Drizzle cake	yoghurts	Homemade Jam tart and custard	Homemade warm apple sponge with ice cream
<b>Snacks</b> 10.00am & 2.30pm	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water
<b>Light Tea</b>	Pitta bread with chicken and sweet corn	Cracker breads with cream cheese and grapes	Sliced Fruit Loaf & Orange wedge	Toasted fruity teacakes and banana slices	Wholemeal rolls served with tuna mayonnaise and cucumber sticks

### Weaning Stage One - Puree (from 6 months)

<b>Lunch</b>	Sweet potato & broccoli	Butternut squash	Parsnip & apple puree	Vegetable puree	Trio root vegetables
<b>Tea</b>	Avocado	Banana	Fruit puree	Apple & Pear puree	Fruit puree

### Weaning Stage Two - Puree (from 7 to 9 months)

<b>Lunch</b>	Carrot puree with lentils & cheese	Chicken & vegetable puree	Vegetable puree with tomatoes & cheese	Chicken, sweet potato & apple	Fish puree
<b>Light tea</b>	Mini pasta salad	Cheese on toast fingers	Mini sandwiches filled with marmite	Bagels with cream cheese	Raison toast fingers

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## Week Four

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast
<b>Lunch</b>	Homemade cheesy vegetable pasta bake packed with vegetables	Gravy laden lean minced beef and onion with pastry topping	Homemade sausage casserole with fresh vegetables served with potatoes	Roast chicken served with mashed potatoes carrots and sweet corn	Homemade Tuna pasta bake packed with fresh vegetables, topped with cheddar cheese
<b>Pudding</b>	Homemade apricot crumble with custard	Ice cream with sauce and sprinkles	A slice of chocolate swiss roll	Selection of Fruit or Yoghurt	Homemade Fruit Cake
<b>Snacks</b> 10.00am & 2.30pm	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water
<b>Light Tea</b>	Savoury filled croissants	Wholemeal sandwiches & cocktail sausages	Cream cheese bagels sprinkled with grated carrot	Ham & Tomato wraps with carrot sticks	Cracker Bread With Cheddar and Grapes

### Weaning Stage One - Puree (from 6 months)

<b>Lunch</b>	Trio of root vegetable	Sweet potato & broccoli	Vegetable puree	Butternut squash	Potato & carrot puree
<b>Tea</b>	Banana	Fruit puree	Apple & pear puree	Fruit puree	Avocado

### Weaning Stage Two - Puree (from 7 to 9 months)

<b>Lunch</b>	Chicken, sweet potato and apple	Chicken & broccoli puree	Fish puree	Vegetable puree with tomatoes and cheese	Potato, leek and carrot puree
<b>Light tea</b>	Bagels with cream cheese	Mini sandwiches filled with marmite	Cheese on toast fingers	Mini pasta salad	Bagels with cream cheese

### Weaning Stage Three (9 to 12 months)

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## Week Five

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<b>Breakfast</b>	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast	Cereal & Milk Wholemeal/ White Toast
<b>Lunch</b>	Jacket potatoes served with chilli con carne and grated cheese	Homemade chicken casserole packed with fresh vegetables	Baked fish with buttery mash potato served with peas and sweet corn	Homemade Tomato pasta with leeks, courgettes & bacon	Homemade toad in the hole with free range eggs, served with fresh vegetables & gravy
<b>Pudding</b>	Sliced bananas with ice cream and sprinkles	Apple & blackberry strudel	Homemade chocolate sponge served with chocolate sauce	Mandarins segments topped with crushed meringue	Yoghurts
<b>Snacks</b> 10.00am & 2.30pm	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water	Seasonal Fruit and vegetable selection. Milk or Water
<b>Light Tea</b>	Toasted fruity teacakes and banana slices	Pasta in tomato sauce sprinkled with grated cheese.	Cream cheese and cucumber sandwiches	Pancakes with sliced Banana L.S toasted muffins and Jam	Alphabet spaghetti on triangle toast

### Weaning Stage One - Puree (from 6 months)

<b>Lunch</b>	Sweet potato & broccoli	Butternut squash	Parsnip & apple puree	Vegetable puree	Trio root vegetables
<b>Tea</b>	Fruit puree	Apple & Pear puree	Avocado	Banana	Fruit puree

### Weaning Stage Two - Puree (from 7 to 9 months)

<b>Lunch</b>	Vegetable puree with tomatoes and cheese	Chicken & broccoli puree	Chicken, sweet potato and apple	Fish puree	Potato, leek and carrot puree
<b>Light tea</b>	Cheese on toast fingers	Bagels with cream cheese	Raison toast fingers	Mini sandwiches with marmite	Mini pasta salad

### Weaning Stage Three (9 to 12 months)

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