

# Stepping Stones Menu – Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
A choice of cereals including bran flakes, corn flakes, malt wheats, porridge, rice snaps, wheat biscuits or toasted items including bagels, crumpets, fruit toast, muffins, pancakes, pikelets and toast with fruit and / or yoghurt and a choice of milk or water to drink				
<b>Snack</b>				
Crackers, carrots and soured cream	Oatcakes, peppers and salsa	Breadsticks, celery and hummous	Ricecakes, runner beans and beetroot dip	Crispbreads, tomatoes and yoghurt dip
A choice of milk or water to drink				
<b>Lunch</b>				
Potato topped pollock pie with red cabbage and green beans  Apples and oranges	Lamb and vegetable tagine with fruity cous cous  Shortbread	Pork and vegetable Bolognese with spaghetti  Banana and melon	Chickpea and vegetable biryani with cucumber raita  Scones	Chicken and leek hotpot with broccoli  Pear and plums
<b>High Tea</b>				
Tuna, cheese and tomato pizza subs with salad  Rice pudding with berries	Parsnip and butterbean and apple soup with croutons  Kiwi and pineapple	Roast vegetable and red lentil pasta  Peaches with custard	Chicken and vegetable fajitas  Apricots and grapes	Jacket potato with baked beans in a tomato sauce  Semolina with raisins
A choice of milk or water to drink				

**Fruit and Vegetables   Starchy Foods   Milk and Dairy   Protein**

Fresh water and milk are offered throughout the day

All allergy, dietary and medical requirements are accommodated and when babies are weaning, we offer a various of foods

If you wish to know how this menu will be adapted to your child's individual needs, please speak to the Nursery Manager