

# Autumn Menu

## Weaning week 1

### Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stage 1</b> Single puree	Carrot Pear	Broccoli Banana	Cabbage Plum	Courgette Melon	Swede Peach
<b>Stage 2</b> Coursier texture	Pasta in tomato sauce Pear <b>G</b>	Fish with Broccoli Banana <b>F</b>	Potato, Cabbage & Cauliflower Plum	Roasted Vegetables Melon	Root Vegetable Mash Peach
<b>Stage 3</b> Mixed foods, minced/chopped	Pasta in tomato sauce Pear <b>G</b>	Fish with Broccoli & Mash Banana <b>F</b>	Chicken Dinner with New Potatoes, Cauliflower & Cabbage served with Puy Lentil gravy Plum <b>CE</b>	Roast Vegetable, Chickpea & Mango Curry served with Brown Rice Melon <b>SU CE MU</b>	Homemade Fish Pattie, Root Vegetable Mash & Mushy Peas Peach <b>F SU G</b>

### Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stage 1</b> Single puree	Green Beans Mango	Parsnip Apple	Sprouts Apricot	Sweet Potato Pear	Carrot Banana
<b>Stage 2</b> Coursier texture / soft finger foods	Reduced Salt & Sugar Baked Beans with Toast fingers Mango <b>G SY</b>	Vegetable Broth Apple <b>G</b>	Hummus & Blanched Vegetable Sticks Apricot <b>SU</b>	Cheesy Mash & Mixed Beans Pear <b>MU DA</b>	Cheese or Egg Finger Sandwiches Banana <b>DA G SY E</b>
<b>Stage 3</b> Mixed foods, minced/chopped	Reduced Salt & Sugar Baked Beans with Toast fingers Mango <b>G SY</b>	Vegetable Broth Apple <b>G</b>	Hummus & Blanched Vegetable Sticks Apricot <b>SU</b>	Cheesy Mash & Mixed Beans Pear <b>MU DA</b>	Cheese or Egg Finger Sandwiches Banana <b>DA G SY E</b>

### Allergen Codes

**GLUTEN - G, EGG - E, FISH - F, NUTS - N, PEANUTS - PN, SOYA - SY, DAIRY - DA, CELERY - CE, MUSTARD - MU, SESAME - SE, SULPHITES - SU, LUPIN - LU, SHELL FISH - SF (Crustaceans and Molluscs)**

# Autumn Menu

## Weaning week 2

### Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stage 1</b> Single puree	Carrot Apple	Cabbage Plum	Butternut Squash Peach	Butterbean Pear	Broccoli Mango
<b>Stage 2</b> Coursier texture	Mushroom, Pea & Red Pepper Barley Risotto Apple <b>G DA</b>	Apple Mash with cabbage & Carrot Plum	Vegetable Pasta Peach <b>G</b>	Fish & Butterbeans Pear <b>F</b>	Cottage Pie topped with Sweet & White Potato Mash & Carrot with Broccoli Mango <b>CE</b>
<b>Stage 3</b> Mixed foods, minced/chopped	Mushroom, Pea & Red Pepper Barley Risotto Apple <b>G DA</b>	Turkey Casserole with Mashed Potato, Green Beans & Sweetcorn Plum <b>G CE</b>	Vegetable Pasta Peach <b>G</b>	Mixed Fish & Butterbean Stew with Mediterranean Roast Vegetable Pear <b>G F</b>	Cottage Pie topped with Sweet & White Potato Mash & Carrot with Broccoli Mango <b>CE</b>

### Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stage 1</b> Single puree	Courgette Apricot	Sweetcorn Pear	Avocado Mango	Aubergine Banana	Cauliflower Apple
<b>Stage 2</b> Coursier texture / soft finger foods	Ratatouille Apricot	Mackerel or Lentil Pate with Peeled Cucumber Sticks Pear <b>F DA</b>	Avocado Mango	Aubergine Dip with Blanched Carrot Sticks Banana	Squash & Coriander Soup Brown Bread Triangles Apple <b>G SY</b>
<b>Stage 3</b> Mixed foods, minced/chopped	Ratatouille Apricot	Mackerel or Lentil Pate with Peeled Cucumber Sticks Pear <b>F DA</b>	Chicken Tikka & Sweetcorn Cakes with Pitta Fingers & Mango Dip Mango <b>MU G</b>	Aubergine Dip with Blanched Carrot Sticks Banana	Squash & Coriander Soup Brown Bread Triangles Apple <b>G SY</b>

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# Autumn Menu

## Weaning week 3

### Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stage 1</b> Single puree	Courgette Pear	Carrot Peach	Cabbage Plum	Green Beans Apple	Cabbage or Sprouts Plum
<b>Stage 2</b> Coursier texture	Mackerel, Pasta & Peppers Pear <b>F G</b>	Carrot and Broccoli Peach	Cheesy Mash with Green Beans Apple <b>DA</b>	Mixed Vegetables Banana	Bubble & Squeak Plum
<b>Stage 3</b> Mixed foods, minced/chopped	Mackerel, Pasta & Peppers Pear <b>F G</b>	Mixed Bean & Sage Casserole with Leek Dumplings & Carrots Peach <b>G M U E D A S Y</b>	Cheesy Mash with Green Beans Apple <b>DA</b>	Mixed Vegetables Banana	Toad in the Hole Served with Bubble & Squeak & Puy Lentil Gravy Plum <b>check allergens with chef</b>

### Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stage 1</b> Single puree	Swede Banana	Parsnip Mango	Sweet Potato Melon	Cauliflower Pear	Broccoli Peach
<b>Stage 2</b> Coursier texture / soft finger foods	Swede and Sweet Potato Slices with chickpea & Red Pepper Dip Banana <b>SU</b>	Tomato & Lentil Soup Mango	Reduced Salt & Sugar Baked Beans with Toast Fingers Melon <b>G S Y</b>	Cheese or Egg Finger Sandwiches with Blanched Carrot Sticks Pear <b>G S Y D A E</b>	Salmon & Cream Cheese Dip with Peeled Cucumber Sticks Peach <b>F D A</b>
<b>Stage 3</b> Mixed foods, minced/chopped	Swede and Sweet Potato Slices with chickpea & Red Pepper Dip Banana <b>SU</b>	Tomato & Lentil Soup Mango	Reduced Salt & Sugar Baked Beans with Toast Fingers Melon <b>G S Y</b>	Cheese or Egg Finger Sandwiches with Blanched Carrot Sticks Pear <b>G S Y D A E</b>	Salmon & Cream Cheese Dip with Peeled Cucumber Sticks Peach <b>F D A</b>

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