

# Our Weaning *Winter* Menu 2025/6

No added salt, no added sugar, just lots of taste and goodness.



		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast	A tasty start to the day with cereals, wholemeal toast, yoghurt, warm porridge or overnight oats, and fresh fruit, served with milk or water.				
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Lunch & Dessert	Winter butternut tagine with lemon couscous	Fragrant chicken curry with brown rice	Tender beef with green beans, carrots & peas	Chicken with potatoes & broccoli	Turkey with sweet potato, broccoli & garden veg
		Greek style yoghurt with apricot	Fresh orange & apple	Greek style yoghurt with fresh pear	Sweet peaches	Greek style yoghurt with orange & apricot
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Tea & Pudding	Rich tomato & red pepper soup	Sweet potato with cheese, beans & carrots	Red bean & vegetable jambalaya	Potato with spinach, swede & cheese	Creamy vegetable pasta
		Fresh apple & melon	Greek style yoghurt with peach compote	Fresh banana	Greek style yoghurt with banana & raspberries	Fresh red apples
Week 2	Breakfast	A tasty start to the day with cereals, wholemeal toast, yoghurt, warm porridge or overnight oats, and fresh fruit, served with milk or water.				
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Lunch & Dessert	Tender lamb with sweet potatoes & carrots	Rainbow ratatouille	Warming turkey & vegetable stew	Wholemeal pasta beef bolognese	Oven-baked salmon & sweet potato with green beans
		Greek style yoghurt with blueberry & pear	Fresh banana	Greek style yoghurt with melon & apple	Fresh peaches	Greek style yoghurt with banana & raspberry
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Tea & Pudding	Wholemeal pasta with lentils & vegetables	Red kidney beans with tomato, spinach & broccoli	Rich leek & potato soup	Carrot, lentil & courgette medley	Bean & vegetable risotto
		Seasonal red apples	Greek style yoghurt with fresh pineapple	Mango & apricots	Greek style yoghurt with fresh orange & banana	Fresh pears
Week 3	Breakfast	A tasty start to the day with cereals, wholemeal toast, yoghurt, warm porridge or overnight oats, and fresh fruit, served with milk or water.				
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Lunch & Dessert	Chickpeas with garden vegetables	Mild beef chilli	Bean & wholemeal vegetable pasta	Chicken with potatoes, peas & swede	Tuna, tomato & spinach pasta
		Greek style yoghurt with blueberry & banana	Fresh blackberry & pears	Greek style yoghurt with fresh mango	Fresh banana & oranges	Fresh pears
	Snack	A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.				
	Tea & Pudding	Turkey with sweet potato & broccoli	Red lentils with butternut squash & cauliflower	Cauliflower, carrot & swede	Creamy vegetable soup	Mixed bean, tomato & swede
		Fresh oranges & apples	Greek style yoghurt with peach	Fresh bananas	Greek style yoghurt with apple & raspberry	Carrot & apple

Our meals will always be prepared to ensure that they are age and stage appropriate and meet your child's dietary requirements, sometimes our menu options or ingredients may vary if we encounter a supply issue or other unforeseen circumstance. Your nursery team will let you know if this happens.