

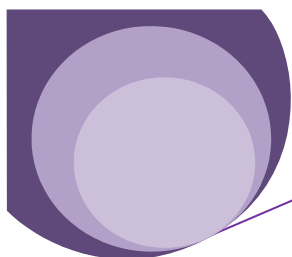
Food Menu

Week 1

For children over 1 year old

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	CHOICE OF RICE KRISPIES OR CORNFLAKES WITH ORGANIC MILK	FRESHLY TOASTED CRUMPETS WITH UNSALTED BUTTER	CHOICE OF RICE KRISPIES OR CORNFLAKES WITH ORGANIC MILK	OVEN BAKED CROSSAINTS WITH UNSALTED BUTTER & HEALTHY JAM	ORGANIC BREAD TOAST WITH UNSALTED BUTTER WITH A CHOICE OF MARMITE OR HEALTHY JAM
LUNCH	HOMEMADE CHICKEN SUPREME WITH RICE AND PEAS BANANA AND CUSTARD	FREE RANGE HANDMADE LAMB MEATBALLSWITH A HOME MADE TOMATOE SAUCE WITH RICE AND GARDEN PEAS FROMAGE FRAIS	100% COD FISH FINGERS WITH HOMEMADE ROASTED POTATO WEDGES AND SWEETCORN HOMEMADE FRESH APPLE CRUMBLE WITH	HOMEMADE FREE RANGE CHICKEN AND SPINACH AND SPINACH DHAL WITH HIDDEN CARROTS AND OVEN BAKED NAAN BREAD APPLE WEDGES	PENNE PASTA WITH HOMEMADE WHITE SAUCE WITH MUSHROOMS AND PREMIUM HAM MELON & APPLE WITH YOGURT DIPS
VEG OPTION	AS ABOVE (NO CHICKEN)	AS ABOVE (VEGETARIAN MEATBALLS)	VEGETARIAN OPTION	AS ABOVE (NO CHICKEN)	AS ABOVE (NO HAM)
TEA	ORGANIC BREAD AND UNSALTED BUTTER SANDWICHES WITH MARMITE FRESH FRUIT	GRATED CARROT, PEPPERS AND CUCUMBER IN WHOLEMEAL PITTAS FRESH FRUIT	FRESH BREAD AND UNSALTED BUTTER WITH CHOPPED TOMATO, SLICED CUCUMBER AND SLICED MILD CHEDDAR CHEESE FRESH FRUIT	CARROTS, CUCUMBER, PEPPER CRUDITÉS WITH HOME MADE VEGETABLE DIPS AND ORGANIC BREAD AND UNSALTED BUTTER FINGERS FRESH FRUIT	ORGANIC BREAD SANDWICHES AND UNSALTED BUTTER WITH TUNA MIXED WITH CRÈME FRESH FRESH FRUIT
SNACK	FRESH FRUIT SELECTION	SELECTION OF FRESH VEGETABLE BATONS AND HOMEMADE DIPS	FRESH FRUIT SELECTION	FRESH FRUIT SELECTION	HEALTHY BREADSTICKS AND RAISINS

This menu is only a guide and may vary due to supplies and weather.



Week 1

Weaning Stage One (4-5 months old) --- Puree

LUNCH	HOMEMADE STEAMED CARROTS	HOMEMADE STEAMED POTATO	HOMEMADE STEAMED BROCCOLI	HOMEMADE STEAMED SWEET POTATO	HOMEMADE STEAMED SWEDE
TEA	HOMEMADE STEAMED PEAR	HOMEMADE MASHED BANANA	HOMEMADE STEAMED APPLE	HOMEMADE STEAMED PEAR	HOMEMADE MASHED BANANA

Weaning Stage Two (5-8 months old) --- Semi Puree/Puree

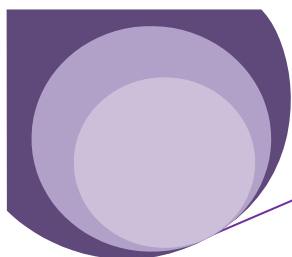
LUNCH	HOMEMADE STEAMED CARROTS & SWEDE PEAR	HOMEMADE STEAMED POTATO & PEAS BANANA	HOMEMADE STEAMED BROCCOLI & SWEET POTATO APPLE	HOMEMADE STEAMED PARSNIP & CARROT PEAR	HOMEMADE STEAMED SWEDE & POTATO MIXED FRUIT
TEA	HOMEMADE STEAMED PARSNIP & POTATO BANANA	HOMEMADE STEAMED BROCCOLI & CAULIFLOWER PEAR	HOMEMADE STEAMED CARROT & PEAS MIXED FRUIT	HOMEMADE BUTTERNUT SQUASH & POTATO APPLE	HOMEMADE STEAMED BROCCOLI & PEA BANANA
Snack	PEAR & ORANGIC BABY RICE CAKES	CHEESE & UNSALTED BUTTER WITH CRACKERS	BANANA AND BREADSTICKS	PEELED & CHOPPED CUCUMBER WITH CREAM CHEESE BABY RICE CAKES	BREADSTICKS AND HOMEMADE VEGETABLE DIPS

Weaning Stage Three (6-12 months old) --- Semi Puree/Chopped

This menu will be the same as the over 1 year olds menu but prepared according to individual child's needs. Breakfast and snack will be adjusted according to your child's individual needs. This information will be provided daily from your child's key person.

All formula milk is included. Please inform your child's Key person of your requirements. All snack foods provided are varied according to your child's needs and some items are organic baby produce. Please see attached information.

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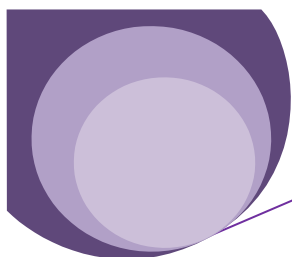
Food Menu

Week 2

For children over 1 year old

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	CHOICE OF RICE KRISPIES OR CORNFLAKES WITH ORGANIC MILK	FRESHLY TOASTED CRUMPETS WITH UNSALTED BUTTER	ORGANIC BREAD TOAST WITH UNSALTED BUTTER WITH A CHOICE OF MARMITE OR HEALTHY JAM	CHOICE OF RICE KRISPIES OR CORNFLAKES WITH ORGANIC MILK	OVEN BAKED CROSSAINTS WITH UNSALTED BUTTER & HEALTHY JAM
LUNCH	MOROCCAN FREE RANGE LAMB DICED CARROT AND POTATO WITH COUSCOUS LOW FAT ICE CREAM	FREE RANGE GRILLED SAUSAGES SWEETCORN AND HOMEMADE MASHED POTATO FROMAGE FRAIS	WHITE FISH FILLET IN HOMEMADE BUTTER SAUCE WITH NEW POTATOES AND STEAMED BROCCOLI HEALTHY APPLE PIE & CUSTARD	JACKET POTATO WITH UNSALTED BUTTER WITH HEALTHY BAKED BEANS & MILD GRATED CHEESE FINGER FRUIT WITH YOGURT DIP	HOMEMADE FREE RANGE BEEF SPAGHETTI BOLOGNAISE WITH HIDDEN CARROTS FRESH HEALTHY HOMEMADE APPLE CRUMBLE WITH CUSTARD
VEG OPTION	MOROCCAN COUSCOUS WITH CARROTS & POTATO	QUORN SAUSAGES	VEGETARIAN LOAF	AS ABOVE	VEGETARIAN SPAGHETTI BOLOGNAISE
TEA	BREAD ROLLS WITH A BANANA FILLING FRESHFRUIT	ORGANIC BREAD SANDWICHES WITH MILD GRATED CHEESE AND TOMATO FRESH FRUIT	ORGANIC BREAD AND UNSALTED BUTTER FINGERS WITH VEGETABLE CRUDITÉS AND HOMEMADE DIPS FRESH FRUIT	DOLPHIN FRIENDLY TUNA AND SWEETCORN WITH WHOLEMEAL PITTA BREAD FRESH FRUIT	ORGANIC BREAD SANDWICHES CREAM CHEESE & CUCUMBER FRESH FRUIT
SNACK	HEALTHY BREADSTICKS AND HOMEMADE DIPS	VEGETABLE BATTONS WITH HOMEMADE DIPS	FRESH FRUIT SELECTION	CHEESE AND UNSALTED BUTTER WITH CRACKERS	FRESH FRUIT SELECTION

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Weaning Stage One (4-5 months old) --- Puree

LUNCH	HOMEMADE BUTTERNUT SQUASH	HOMEMADE STEAMED BROCCOLI	HOMEMADE STEAMED CARROTS	HOMEMADE STEAMED PEAS & COURGETTE	HOMEMADE STEAMED SWEET POTATO
TEA	HOMEMADE STEAMED APPLE	HOMEMADE STEAMED PEAR	HOMEMADE STEAMED APPLE & PEAR	HOMEMADE MASHED BANANA	HOMEMADE STEAMED APPLE

Weaning Stage Two (5-8 months old) --- Semi Puree/Puree

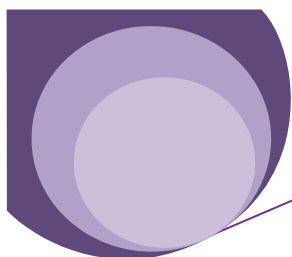
LUNCH	HOMEMADE STEAMED BROCCOLI & PEA	HOMEMADE STEAMED SWEDE & POTATO	HOMEMADE STEAMED PARSNIP & CARROT	HOMEMADE BUTTERNUT SQUASH & POTATO	HOMEMADE STEAMED CARROTS & SWEDE
	APPLE	PEAR	MIXED FRUIT	PEAR	BANANA
TEA	HOMEMADE STEAMED SWEET POTATO & CARROTS	HOMEMADE STEAMED PEAS & BROCCOLI	HOMEMADE STEAMED COURGETTE & PEA	HOMEMADE STEAMED PARSNIP & POTATO	HOMEMADE STEAMED BROCCOLI & PEA
	PEAR	APPLE	MIXED FRUIT	BANANA	APPLE
SNACK	HEALTHY BREADSTICKS AND HOMEMADE DIPS	ORGANIC BABY CRISPS	BANANA AND HEALTHY BREADSTICKS	RAISINS AND ORGANIC BABY RICE CAKES	ORGANIC BREAD AND UNSALTED BUTTER FINGERS WITH PEELED CUCUMBER

Weaning Stage Three (6-12 months old) --- Semi Puree/Chopped

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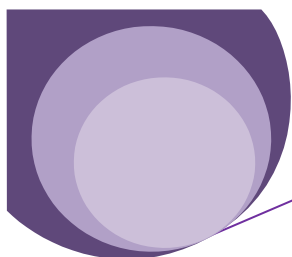
Food Menu

Week 3

For children over 1 year old

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	CHOICE OF RICE KRISPIES OR CORNFLAKES WITH ORGANIC MILK	ORGANIC BREAD TOAST WITH UNSALTED BUTTER WITH A CHOICE OF MARMITE OR HEALTHY JAM	OVEN BAKED CROSSAINTS WITH UNSALTED BUTTER AND HEALTHY JAM	CHOICE OF RICE KRISPIES OR CORNFLAKES WITH ORGANIC MILK	FRESHLY TOASTED CRUMPETS WITH UNSALTED BUTTER
LUNCH	HOMEMADE FREE RANGE CHICKEN, GRATED CARROT, BEANSPROUTS, SWEETCORN & PEPPERS WITH STIR FRY NOODLES FROMAGE FRAIS	HOMEMADE MARGARITA PIZZA WITH HEALTHY BAKED BEANS AND HOMEMADE POTATO WEDGES LOW FAT ICECREAM	HOMEMADE FREE RANGE MINCE LAMB, POTATO & PEA COTTAGE PIE WITH ROASTED PARSNIPS & CARROTS FINGER FRUIT WITH YOGURT DIP	HOME MADE PENNE PASTA WITH TOMATO & BASIL SAUCE, PREMIUM HAM & BROCCOLI FLORETS VEGETARIAN SUGAR FREE JELLY	HOMEMADE QUORN CHILLI WITH STEAMED RICE FROMAGE FRAIS
VEG OPTION	STIR FRY (NO CHICKEN)	AS ABOVE	AS ABOVE (NO MEAT)	AS ABOVE (NO HAM)	AS ABOVE
TEA	ORGANIC BREAD WITH GRATED CHEESE AND CUCUMBER FRESH FRUIT	GRATED CARROT, PEPPERS & CUCUMBER IN WHOLEMEAL PITTA BREAD FRESH FRUIT	CHOICE OF CRACKERS, CHEESE, CUCUMBER AND TOMATO FRESH FRUIT	PREMIUM HAM AND FRESHLY SLICED TOMATO IN ORGANIC BREAD SANDWICHES FRESH FRUIT	TORTILLA WRAPS WITH CRÈME FRESH, GRATED CARROTS, SWEETCORN & CUCUMBER FRESH FRUIT
SNACK	FRESH FRUIT SELECTION	RAISINS AND HEALTHY BREADSTICKS	FRESH FRUIT SELECTION	HEALTHY BREADSTICKS WITH HOMEMADE VEGETABLE DIPS	SLICED MILD CHEESE & CRACKERS WITH UNSALTED BUTTER

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Weaning Stage One (4-5 months old) --- Puree

LUNCH	HOMEMADE STEAMED PEA & COURGETTE	HOMEMADE STEAMED SWEET POTATO	HOMEMADE STEAMED CARROTS	HOMEMADE STEAMED BROCCOLI	HOMEMADE BUTTERNUT SQUASH
TEA	HOMEMADE MASHED BANANA	HOMEMADE STEAMED APPLE	HOMEMADE STEAMED PEAR	HOMEMADE STEAMED BANANA	HOMEMADE STEAMED PEAR

Weaning Stage Two (5-8 months old) --- Semi Puree/Puree

LUNCH	HOMEMADE STEAMED PEA & COURGETTE MIXED FRUIT	HOMEMADE STEAMED PARSNIP & CARROT MELON	HOMEMADE STEAMED BROCCOLI & SWEET POTATO PEAR	HOMEMADE BUTTERNUT SQUASH & POTATO MIXED FRUIT	HOMEMADE STEAMED BROCCOLI & CAULIFLOWER APPLE
TEA	HOMEMADE STEAMED CARROTS & SWEDE APPLE	HOMEMADE STEAMED PEAS & COURGETTE PEAR	HOMEMADE STEAMED SWEET POTATO & CARROT BANANA	HOMEMADE STEAMED PEA & COURGETTE APPLE	HOMEMADE STEAMED PARSNIP & CARROT MELON
SNACK	ORGANIC BABY CRISPS	ORGANIC BREAD AND BUTTER FINGERS WITH CUCUMBER	HEALTHY BREADSTICKS AND HOMEMADE DIPS	BANANA AND HEALTHY BREAD STICKS	RAISINS AND ORGANIC BABY RICE CAKES

Weaning Stage Three (6-12 months old) --- Semi Puree/Chopped

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