

Week 2 - Autumn 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Red pepper sticks	Baby corn	Steamed broccoli	Cucumber sticks	Cheese batons
Lunch	Butternut squash and red kidney bean tagine with yoghurt	Soya mince lasagne	Baby friendly stir-fried rice	Mild bean chilli with cream cheese, blended avocado and bulgur wheat	Red lentil marinara with spaghetti and grated cheese
Sides	Fluffy cous cous and roasted cauliflower	Green beans and roasted peppers	Baby corn and stir-fried vegetables	Roasted courgettes and aubergines in homemade pesto	Roasted carrots and cabbage
Low sugar dessert	Cantaloupe melon and plum medley with yoghurt	Banana yoghurt	Blackberry and blueberry yoghurt	Satsuma and honeydew melon medley with yoghurt	Apple crumble and homemade custard
Crudités of the day	Boiled eggs	Avocado slices	Beetroot slices	Softened cauliflower	Baby corn
Afternoon tea	Cauliflower and leek cheese bake with grated carrots	Sweet potato, parsnip and chickpea soup, buttered bread strips and cheese batons	Scrambled eggs, broccoli and sliced potato	Potato, pea and mixed pepper frittata	Potato and carrot soup, toasted bread strips with cream cheese and boiled eggs