

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Chicken casserole, served with carrots and peas with brown rice. Vegetarian Quorn chicken is served.</p>	<p>Lunch Pasta bake in a creamy tomato sauce with sweetcorn and peppers. With a melted cheddar cheese topping. served with a fresh lettuce, tomato and cucumber salad. Dairy free A tomato and basil sauce and vegan cheese</p>	<p>Lunch Beef shepherd's pie with peas and carrots and mash potato. with a side portion of tomatoes. Vegetarian Quorn mince is served. Dairy free No butter or milk added to the potato</p>	<p>Lunch Chickpea and tomato curry served with brown rice. Dairy free option. Curry sauce made with coconut milk and spices.</p>	<p>Lunch Fish pie, haddock and cod fillets with peas a potato topping Served with a side of carrot slices. Vegetarian Vegan marinated tofu pieces. Dairy free No butter or milk added to the potato.</p>
<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>
<p>Tea Fresh baguettes with a selection of cheese, cucumber, tomato, ham, and houmous Vegetarian Quorn meat free ham. Dairy free Vegan cheese and dairy free margarine.</p>	<p>Tea Vegetable fingers made with peas, sweetcorn and carrot coated in breadcrumbs with baked beans.</p>	<p>Tea Homemade macaroni cheese. Dairy free Macaroni pasta with a tomato and basil sauce with vegan cheese.</p>	<p>Tea Vegetarian sausages with rosemary served cucumber slices.</p>	<p>Tea Sausage rolls with sweetcorn and cucumber slices. Vegetarian and Dairy free. A plant-based protein and wheat roll in puff pastry.</p>

Week Two

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>Lunch Green and Red lentils, butter and cannellini bean shepherd's pie served with mash potato and cucumber slices.</p> <p>Dairy free No butter or milk added to the mash potato.</p>	<p>Lunch. Beef chilli and rice with red kidney beans.</p> <p>Vegetarian Quorn mince</p>	<p>Lunch Spanish chicken with peppers, tomatoes and peas served with new potatoes.</p> <p>Vegetarian Quorn chicken pieces.</p>	<p>Lunch Creamy vegetable curry, made with onions, chickpeas and tomatoes served with rice.</p>	<p>Lunch Plant based meatballs in tomato sauce served with pasta and a tomato and sweetcorn salad.</p>
<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>
<p>Tea Macaroni cheese with tomato slices.</p> <p>Dairy free Macaroni pasta with a tomato and basil sauce served with tomato slices.</p> <p>Vegetarian Quorn meat free ham.</p> <p>Dairy free Vegan cheese and dairy free margarine.</p>	<p>Tea Homemade mini pizzas. Wholemeal muffins with a tomato and basil sauce topped with cheddar cheese and cucumber slices.</p> <p>Dairy free Vegan cheese for the topping.</p>	<p>Tea Fresh baguette with a selection of cheese, cucumber, tomatoes, ham and houmous.</p> <p>Vegetarian Quorn meat free ham.</p> <p>Dairy free Vegan cheese and dairy free margarine.</p>	<p>Tea Jacket potatoes with beans and cheese.</p> <p>Dairy free Vegan cheese</p>	<p>Tea Chicken chow mien.</p> <p>Vegetarian</p>
<p><u>Amber room tea</u> Same as above</p>	<p><u>Amber room tea</u> Risotto with peas and sweetcorn.</p>	<p><u>Amber room tea</u> Same as above but with wholemeal bread.</p>	<p><u>Amber room tea</u> Same as above</p>	<p><u>Amber room tea</u> Same as above</p>

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Chicken with mushrooms and peas in a creamy sauce served with boiled mini potatoes.</p> <p>Vegetarian Quorn chicken</p> <p>Dairy free Coconut milk used in the sauce</p>	<p>Lunch Vegetarian chickpea and tomato mild curry served with brown rice and nan bread.</p> <p>Dairy free Coconut milk used in the sauce.</p>	<p>Lunch Spaghetti Bolognese with minced beef, onions, garlic, tomato puree, mixed peppers and spaghetti. Served with a fresh lettuce, tomato and cucumber salad.</p> <p>Vegetarian Quorn mince</p>	<p>Lunch Butterbean and pea pasta carbonara. Served with sliced cucumbers.</p>	<p>Lunch Sweet and sour chicken breast with sweetcorn, peppers and beansprouts, served with noodles.</p> <p>Vegetarian. Tofu pieces</p>
<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>	<p>Dessert Fruit, yoghurt, Sugar free Jelly or homemade bakes.</p>
<p>Tea Fresh baguettes with a selection of cheese, cucumber, tomato, ham and houmous.</p> <p>Vegetarian Meat free ham.</p> <p>Dairy free Vegan cheese and dairy free margarine.</p>	<p>Tea Tomato and sweetcorn pasta bake topped with grated cheese.</p> <p>Dairy free Vegan cheese</p>	<p>Tea Fish fingers and baked beans.</p> <p>Vegetarian Pea and sweetcorn fingers.</p>	<p>Tea Mini pizza. Wholemeal muffins with tomato and basil base and grated cheese</p> <p>Dairy free Vegan cheese</p>	<p>Tea Mac and cheese, served with tomatoes.</p> <p>Dairy free Macaroni pasta with a tomato and basil sauce served with tomatoes.</p>
<p>Amber room tea Same as above but with brown bread.</p>	<p>Amber room tea Same as above</p>	<p>Amber room tea Same as above</p>	<p>Amber room tea Wholemeal toast and baked beans.</p>	<p>Amber room tea Same as above</p>

The babies in Amber room are not offered the same desserts as the other rooms as they are younger babies. They have fruit puree pots or yoghurts.

Due to the age of the Amber room babies there are some tea options that are not suitable for them so a more baby friendly meal will be served.