

Week one

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh baguettes with tzatziki and blanched carrot batons.	A selection of sandwiches served in wholemeal bread with either ham and cucumber or cheese and cucumber.	Cracker bread with soft cheese and plum tomatoes.	Wholemeal toast and baked beans	Wholemeal toasted bagels with a low fat margarine spread and cheddar cheese slices.

Milk and water is served with tea every day.

We recognise that the dietary needs of the babies vary during weaning when food need's to be pureed or blended We cater for their individual dietary needs and will adapt our daily menu to meet their eating needs by including more fresh vegetables and fruits

. “In providing children in a nursery setting with a lighter meal at tea time, as well as a larger more traditional lunch time option, children get the opportunity to enjoy a wide variety of nutritional benefits, explore new textures and benefit from the experience of eating in a social setting. A more traditional meal usually contains a protein source, a carbohydrate source like potatoes or rice, and a portion of fruit or vegetables (1 of their 5-a-day). Even by providing a lighter option for tea time, children can still enjoy a carbohydrate source such as bread or pasta, protein, and a portion of fruit and veg. for example, sandwich fillings may be cheese, hummus, or tuna, and tea can be served with veg and fruit such as melon slices, berries, banana slices or cucumber sticks. Protein is essential for growth and repair of the muscles, carbohydrates are the ideal nutrient for providing children with fibre and energy to play and learn, and fruit and vegetables are full of essential vitamins and minerals that children need for growth and development”.

**Week two**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Wholemeal bread, ham, cheese, and cucumber.	Bagels with a soft cream cheese and sweetcorn.	Warmed pitta bread served with hummus and raisins.	Toasted tea cakes with strawberry jam	Crackers and cheddar cheese, blanched carrot batons and apple slices

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