

AUTUMN TERM 2019

WEEK 1 - INGREDIENTS LIST - BABY CARE

MONDAY

Minced Lamb & Vegetable Spaghetti Bolognese

Minced lamb, peas, sweetcorn, carrot, broccoli, pepper, tinned tomatoes,
reduced salt gravy, mixed herbs, spaghetti.

Aubergine, Courgette & Vegetable Spaghetti Bolognese (V)

Aubergine, courgette, peas, sweetcorn, carrot, broccoli, pepper, tinned tomatoes,
reduced salt gravy, mixed herbs, spaghetti.

Fruit Puree

Pureed seasonal fruits.

TUESDAY

Minced Pork, Vegetables & Gravy with Mashed Potatoes

Minced pork, reduced salt gravy, carrot, swede, parsnip, onion, mushrooms, potatoes.

Minced Quorn, Vegetables and Gravy with Mashed Potatoes (V)

Minced quorn, reduced salt gravy, carrot, swede, parsnip, onion, mushrooms, potatoes.

Pureed Fruit & Natural Yoghurt

Pureed seasonal fruits & natural yoghurt

WEDNESDAY

Cheese, Tomato & Vegetable Risotto

Cheese, tinned tomatoes, swede, carrot, parsnip, pepper, onion, mushroom, aubergine, courgette,
rice, mixed herbs, reduced salt gravy.

Semolina

Semolina powder, milk, sugar.

THURSDAY

Chicken & Vegetable Stew

Diced Chicken, potatoes, swede, carrot, parsnip, reduced salt gravy.

Broccoli & Cauliflower Stew (V)

Broccoli, cauliflower, swede, carrot, parsnip, potatoes, reduced salt gravy.

Pureed Fruit

Seasonal pureed fruit

FRIDAY

Salmon & Vegetable Pasta Shells

Salmon, Pasta Shells, reduced salt gravy, tinned tomatoes, mixed herbs, peppers, swede,
carrot, parsnip, onion, mushroom, aubergine, courgette.

Chunky Vegetable Pasta Shells (V)

Pasta Shells, reduced salt gravy, tinned tomatoes, mixed herbs, peppers, swede,
carrot, parsnip, onion, mushroom, aubergine, courgette.

Rice Pudding

Pudding Rice, milk, sugar

WEEK 2 - INGREDIENTS LIST- BABY CARE

MONDAY

Mixed Bean & Vegetable Hotpot

Mixed beans, reduced salt gravy, tinned tomatoes, mixed herbs, potatoes, carrot, peas, sweetcorn, broccoli.

Semolina

Semolina powder, milk, sugar

TUESDAY

Chicken, Ham & Vegetable Pasta Bake

Diced Chicken, ham, pasta, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, onion, parsnip, mushroom, peppers, aubergine, courgette, cheese.

Carrot, Pea & Sweetcorn Pasta Bake (V)

Peas, sweetcorn, carrot, parsnip, swede, onion, pepper, mushroom, aubergine, courgette, reduced salt gravy, tinned tomatoes, mixed herbs, pasta, cheese.

Fruit Puree

Seasonal pureed fruits

WEDNESDAY

Rustic Sausage, Vegetable & Potato Bake

Sausage, potatoes, reduced salt gravy, swede, carrot, parsnip, mushrooms.

Rustic Quorn Sausage, Vegetable & Potato Bake (V)

Quorn Sausage, potatoes, reduced salt gravy, swede, carrot, parsnip, mushrooms.

Pureed Fruit & Natural Yoghurt

Pureed seasonal fruits & natural yoghurt

THURSDAY

Minced Beef & Vegetable Lasagne & Homemade Garlic Bread

Minced beef, lasagne sheets, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, onion, mushroom, peppers, aubergine, courgette, milk, cheese, flour, butter, yeast, oil, garlic.

Minced Quorn & Vegetable Lasagne & Homemade Garlic Bread (V)

Minced quorn, lasagne sheets, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, onion, mushroom, peppers, aubergine, courgette, milk, cheese, flour, butter, yeast, oil, garlic.

Rice Pudding

Pudding Rice, milk, sugar

FRIDAY

Cod & Vegetable Savoury Rice

Cod, rice, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, peppers, aubergine, onion, courgette, mushroom.

Rustic Vegetable Savoury Rice (V)

Rice, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, peppers, aubergine, onion, courgette, mushroom.

Pureed Fruit

Seasonal pureed fruit

WEEK 3 - INGREDIENTS LIST- BABY CARE

MONDAY

Minced Pork & Vegetable Jambalaya

Minced pork, rice, tinned tomatoes, reduced salt gravy, mixed herbs, peas, sweetcorn, carrot, broccoli, peppers, mild spice.

Quorn Mince & Vegetable Jambalaya (V)

Quorn, rice, tinned tomatoes, reduced salt gravy, mixed herbs, peas, sweetcorn, carrot, broccoli, peppers, mild spice.

Pureed Fruit & Natural Yoghurt

Pureed seasonal fruits & natural yoghurt

TUESDAY

Lamb, Mint & Vegetable Casserole

Minced Lamb, dried mint, potatoes, swede, carrot, parsnip, reduced salt gravy.

Country Vegetable Casserole (V)

Broccoli, cauliflower, dried mint, potatoes, swede, carrot, parsnip, reduced salt gravy.

Rice Pudding

Pudding Rice, milk, sugar

WEDNESDAY

Lentil, Tomato & Vegetable Pasta Twists

Lentils, fresh & tinned tomatoes, reduced salt gravy, mixed herbs, swede, carrot, parsnip, pepper, aubergine, courgette, mushroom, onion, pasta twists.

Fruit Puree

Pureed seasonal fruits.

THURSDAY

Tuna, Vegetable & Potato Gratin

Tuna, potatoes, tinned tomatoes, reduced salt gravy, mixed herbs, swede, carrot, parsnip, peppers, onion, mushroom, aubergine, courgette, cheese.

Pepper, Mushroom & Vegetable Gratin (V)

Potatoes, tinned tomatoes, reduced salt gravy, mixed herbs, swede, carrot, parsnip, peppers, onion, mushroom, aubergine, courgette, cheese.

Pureed Fruit & Natural Yoghurt

Pureed seasonal fruits & natural yoghurt.

FRIDAY

Mild Minced Beef & Vegetable Chilli & Rice

Minced beef, mild chilli powder, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, onion, mushroom, aubergine, courgette, rice.

Mixed Bean & Vegetable Chilli & Rice (V)

Mixed beans, mild chilli powder, reduced salt gravy, tinned tomatoes, mixed herbs, swede, carrot, parsnip, onion, mushroom, aubergine, courgette, rice.

Semolina

Semolina powder, milk, sugar