Food&Nutrition

Footprints Sample Menu

Week One			
Day	**Main**	**Pudding**	**Tea**
Monday	Mushroom and Courgette Pasta Bake	Natural Yoghurt with Pureed Fruit	Ploughman's platter. Fresh Fruit.
Tuesday	Minced beef Stew, Dumplings & Crusty Bread (under 2's minced beef stew and no bread)	Date Flapjack	Ham Sandwich with Tomato Wedges. Fresh Fruit.
Wednesday	Sweet Potato Korma with Rice and Chapattis	Melon Boats	Cheese Oatcakes with Vegetable Sticks. Fresh Fruit.
Thursday	Beef Chilli and Rice	Date Flapjack	Vegetable Soup with Bread and Butter. Fresh Fruit.
Friday	Roast Chicken, Stuffing, carrots, peas, mash and gravy	Fresh fruit	Tuna Mayo Sandwich with Cucumber Sticks. Fresh Fruit.

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Week Two			
Day	**Main**	**Pudding**	**Tea**
Monday	Butternut squash and Macaroni Cheese	Natural Yoghurt with Pureed Fruit	Ploughman's platter. Fresh Fruit.
Tuesday	Minced Beef & seasonal vegetable Hotpot with crusty bread. (Under 2's minced beef hotpot and no bread)	Date Flapjack	Chicken Sandwiches. Fresh Fruit.
Wednesday	Fish Pie with Broccoli.	Melon Boats.	Oatcakes with cheese. Tomato Wedges. Fresh Fruit.
Thursday	Vegetable & Lentil Pasta Bolognese with Garlic Bread. (Under 2's no bread)	Fruit	Vegetable Soup with bread and butter. Fresh Fruit.
Friday	Chicken Curry with Rice and Naan.	Watermelon	Homemade Pizza. Fresh Fruit.

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Week Three			
Day	**Main**	**Pudding**	**Tea**
Monday	Mixed Bean Chilli with Rice. Garlic Bread for over 2's.	Natural Yoghurt with Pureed Fruit	Pasta with homemade tomato sauce. Fresh Fruit.
Tuesday	Tomato and Pea Pasta	Melon Boats	Vegetable Soup with bread and butter. Fresh Fruit.
Wednesday	Beef & seasonal vegetable Casserole with Dumplings.	Fruit Salad	Tuna Mayonnaise Sandwich with cucumber sticks. Fresh Fruit.
Thursday	Fish Cakes, New Potatoes, Parsley sauce and vegetables.	Date Flapjack	Vegetable Soup with bread and butter. Fresh Fruit.
Friday	Chicken, courgette and pepper with Rice	Melon Boats.	Ploughman's Platter. Fresh Fruit.

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Week Four			
Day	**Main**	**Pudding**	**Tea**
Monday	Seasonal vegetable & Chickpea Curry and Rice.	Natural Yoghurt with Pureed Fruit	Pasta with homemade tomato sauce. Fresh fruit.
Tuesday	Cottage Pie, peas and Gravy.	Melon Boats	Vegetable Soup with bread and butter. Fresh fruit.
Wednesday	Chicken and Leek in a cream sauce with Orzo	Raspberries and Strawberries	Cheese Oatcakes and Vegetable sticks. Fresh fruit.
Thursday	Spanish style chicken with Rice.	Fresh fruit.	Ploughman's platter. Fresh fruit.
Friday	Lasagne. Garlic Bread (Over 2's)	Date Flapjack	Homemade Pizza with vegetable sticks. Fresh fruit.