

# First Steps Menu



Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning snack</b>	Melon & pear	Banana & apple	Satsuma & kiwi	Banana & grapes	Plum & orange
<b>Lunch</b>	Moroccan lamb with cous cous & carrots	Beef lasagne with garlic bread & sweetcorn	Fish broccoli bake with carrots & peas	Chicken casserole with dumplings & green beans	Chicken curry with rice & mixed vegetables
<b>Vegetarian option</b>	Moroccan quorn with cous cous & carrots	Vegetable lasagne with garlic bread & sweetcorn	Fish broccoli bake with carrots & peas	Vegetable casserole with dumplings & green beans	Lentil & vegetable curry with rice & mixed vegetables
<b>Pudding</b>	Fresh fruit salad	Apple stew with custard	Yoghurt with fruit puree	Parsnip & lemon sponge with custard	Gingerbread
<b>Afternoon tea</b>	Tuna melts with celery & cucumber sticks Lemon yoghurt loaf	Leek & potato soup with bread Fruit smoothies	Bean & tomato mexican bean wrap Apricot shortbread	Jacket potatoes with baked beans & cheese Sliced melon	Puff pastry pizza with ham, cheese & coleslaw Oat apple jacks