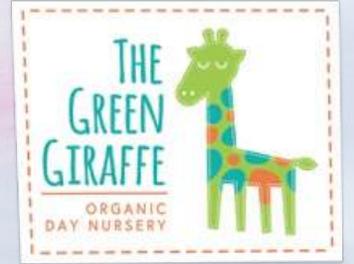


AUTUMN / WINTER MENU 2025



All meals are freshly prepared from organic ingredients.
(Where it is not possible to source organic, we substitute it with the best quality product).

We do not add any sugar or salt to our meals.

We only use Knorr zero salt stock.

We follow all dietary requirements and baby-weaning stages.

Vegetarian and vegan dishes have a wide selection of pulses including lentils, chickpeas, beans, and high-protein vegetables.

We use the following dairy substitute products:
Organic oat milk, organic soya milk, Koko/ coconut milk, Violife dairy-free cheese and soft cheese, and Oatly yoghurt.



Stage 3 Menu – Week 1

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am -9.15	Weetabix (G) served with milk (M)	Banana porridge (G)	Weetabix (G) served with milk (M)	Wholemeal Toast & unsalted butter (M) (G) with avocado	Overnight oats with yoghurt & fruit puree (G) (M)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Mid morning snack 10am	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket
Lunch - from 11.15am - 11.45am	Lentil, Potato and Spinach Curry	Fish Mac and cheese (F) (M) (G)	Roast Chicken Dinner	Moroccan beef & cous cous with spiced roasted vegetables (G)	wholemeal spaghetti turkey bolognese with hidden vegetables (G)
	Lentil, potato and spinach curry with wholegrain rice, served with a side of cauliflower	Cod & salmon in a homemade parsley cheese sauce with macaroni, served with peas	Roast chicken with roast potatoes, seasonal vegetables and homemade vegetable gravy	Lean beef mince in moroccan spices with the sweetness of apricots and sultanas. Served with cous cous and green beans	Homemade turkey bolognese with hidden vegetables, served with wholemeal spaghetti and garlic bread
Vegetarian Option	As Above	(V) Tofu Mac & cheese (SY)	Leek & butterbean pie (G)	(V) Mixed beans in moroccan sauce (G)	(V) Vegetable & Lentil Bolognese (G)
Dessert	Black forest fruit yoghurt (M)	Mixed Berry Muffins (G)	Mango Yoghurt (M)	Banana & cranberry flapjack (G)	Eve's Pudding (G)
	Greek yoghurt with black forest fruit puree (Oatly yoghurt)	Sugar free, oven baked mixed berry Muffins	Greek yoghurt with Mango puree (Oatly yoghurt)	Homemade oven baked banana & cranberry flapjack	Baked seasonal fruit with sugar free sponge
Afternoon snack 2.00pm	Pea Fingers	Organic Rice cakes	Wholemeal pitta fingers	Sweet potato fingers	Veg sticks with hummus dip
Light Tea from 3.15pm/3.30	Homemade cheesy Beans on Toast (M) (G)	Tomato and Basil Linguini (G)	Winter Country Vegetable soup (G)	Mexican Beany puff wheels (G) (M)	Broccoli & cauliflower vegetable bake (M) (G)
	Haricot beans in a homemade tomato sauce, grated cheese with White or Wholemeal toasted triangles (Violife cheese)	Linguini served with a homemade tomato and basil sauce	Smooth, thick homemade root vegetable soup served with warm bread	Mixed beans mashed with a mild chilli spice and grated cheese, baked in puff pastry (Violife cheese)	Broccoli & cauliflower vegetable bake with a cheese sauce topped with tomatoes and cheese (Violife cheese)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Late Snack 5pm	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket



Little Adventures

Organic Nurseries & Preschools



Allergy information key: CELERY (CE), EGG (E), FISH (F), GLUTEN (G), LUPIN (LU), MILK (M), MUSTARD (MU), SESAME (SE), SOYA (SY), SULPHITES (SU)

Stage 3 Menu – Week 2



Little Adventures

Organic Nurseries & Preschools



WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am	Fruit porridge (G)	Weetabix (G) served with milk (M)	Wholemeal toast & unsalted butter (M) (G) with banana	Overnight oats with yoghurt & fruit puree (G) (M)	Weetabix (G) served with milk (M)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Mid morning snack 10am	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket
Lunch - from 11.15am	Chicken & Leek Pie (G)	Cottage Pie	Turkey Ragù (G)	Cod in a Tomato & Basil sauce (F) (G)	Roasted Cauliflower & Chickpea curry
	Chicken & leek in a vegetable sauce topped with puff pastry, served with potatoes & broccoli	Lean beef mince, onions, carrots and peas in a vegetable gravy topped with root vegetable mash potato, served with cabbage	Lean turkey in a homemade ragu sauce with pasta, served with sweetcorn	Cod in a homemade tomato & basil sauce, served with cous cous and cauliflower	Roasted cauliflower & chickpeas in a mild spice coconut sauce, served with brown rice and carrots
Vegetarian Option	(V) Lentil & vegetable pie (G)	(V) Vegetable & butterbean cottage Pie	(v) Mild mixed bean ragu (G)	(V) Tofu in a tomato & basil sauce (SY) (G)	As Above
Dessert	Winter spiced berry muffin (G)	Cherry yoghurt (M)	Carrot cake (G)	Orange and Ginger Biscuits (G)	Blueberry yoghurt (M)
	Homemade Ovenbaked sugarfree berry muffin	Greek yoghurt with cherry puree (Oatly yoghurt)	Homemade sugarfree oven baked carrot cake	Sugar free Orange and Ginger biscuits	Greek yoghurt with blueberry puree (Oatly yoghurt)
Afternoon snack 2.00pm	Organic Rice cakes	Wholemeal pitta fingers	Sweet potato fingers	Veg sticks with hummus dip	Pea Fingers
Light Tea from 3.15pm	Winter lentil & tomato Soup (G)	Pitta Pizza (G) (M)	Cheesy mushroom & spinach puffs (G) (M)	Three veg mac & cheese (G) (M)	Butterbean root vegetable stew (G)
	Homemade lentil & tomato soup with wholemeal bread	Pitta topped with homemade pizza sauce, cheese, sliced mushrooms and spring onions serve with crudites (Violife cheese)	Mushroom in homemade cheesy spinach sauce in puff pastry, served with vegetable sticks (Violife cheese)	Macaroni in a homemade cheesy butternut squash sauce, with leeks & peas (Violife cheese)	Butterbeans with root vegetables in a homemade vegetable sauce, served with warm baguette
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Late Snack 5pm	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket

Allergy information key: CELERY (CE), EGG (E), FISH (F), GLUTEN (G), LUPIN (LU), MILK (M), MUSTARD (MU), SESAME (SE), SOYA (SY), SULPHITES (SU)

Stage 3 Menu – Week 3



**Little
Adventures**

Organic Nurseries & Preschools



WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am	Weetabix (G) served with milk (M)	Wholemeal Toast & unsalted butter (M) (G) with avocado	Overnight oats with yoghurt & fruit puree (G) (M)	Weetabix (G) served with milk (M)	Banana porridge (G)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Mid morning snack 10am	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket
Lunch - from 11.15am	Beef butternut squash mac & cheese (G) (M) Lean beef mince in a butternut squash sauce with macaroni, topped with cheese and served with broccoli	Moroccan Chickpeas & vegetable cous cous (G) Chickpeas & vegetables with Moroccan spices, with the sweetness of apricots and sultanas, served with couscous, served with green beans.	Salmon & broccoli orzo (F) (G) Salmon & broccoli in a homemade parsley sauce with orzo, served with peas & carrots	Mild turkey chilli Lean Turkey in a mild chilli vegetable sauce, served with root veg wedges and seasonal vegetables	Roast chicken dinner Roast chicken with roast potatoes and seasonal vegetables, served with homemade vegetable gravy
	(V) Bean butternut squash mac & cheese (G)	As Above	(V) Tofu & broccoli orzo (SY)	(V) Mild mixed bean chilli	(V) Cauliflower cheese bake
Dessert	Carrot Cake (G) Sugar free, oven baked carrot cake	Blackberry yoghurt (M) Greek yoghurt with blackberry fruit puree (Oatly yoghurt)	Eve's Pudding (G) Baked seasonal fruit with sugar free sponge	Cranberry yoghurt (M) Greek yoghurt with cranberry fruit puree (Oatly yoghurt)	Winter fruit cinnamon puffs (G) Winter fruit and cinnamon spice rolled in puff pastry
	Wholemeal pitta fingers	Sweet potato fingers	Veg sticks with humous dip	Pea Fingers	Organic Rice cakes
Afternoon snack 2.00pm	Vegetarian Sausage roll (G) (M) Homemade vegetarian sausage roll, served with crudites (Violife cheese)	cream of parsnip, butterbean & apple soup (G) Homemade parsnip, butterbean and apple soup with a wholemeal bread and spread	Homemade cheesy Beans on Toast (M) (G) Haricot beans in a homemade tomato sauce with grated cheese, served with White or Wholemeal toasted triangles (Violife cheese)	Mushroom & spinach orzo (G) Orzo pasta in a mushroom & spinach sauce	Winter squash & black bean quesadilla (G)(M) Homemade quesadilla with squash, black beans and cheese, served with crudites (Violife cheese)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Late Snack 5pm	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket

Allergy information key: CELERY (CE), EGG (E), FISH (F), GLUTEN (G), LUPIN (LU), MILK (M), MUSTARD (MU), SESAME (SE), SOYA (SY), SULPHITES (SU)

Stage 3 Menu – Week 4

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am	Wholemeal Toast & unsalted butter (M) (G) with banana	Overnight oats with yoghurt & fruit puree (G) (M)	Weetabix (G) served with milk (M)	Fruit porridge (G)	Weetabix (G) served with milk (M)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Mid morning snack 10am	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket
Lunch - from 11.15am	Ocean Pie (F)	Turkey & vegetable lasagne (G) (M)	Mixed bean and root vegetable stew	Sweet & sour chicken & rice	Beef & mushroom stroganoff (G)
	Cod and salmon in a creamy parsley sauce topped with mash potato, served with carrot and peas	Lean turkey mince sautéed in an onion and garlic tomato sauce, layered with creamy white sauce, topped with grated cheese, and served with a side of vegetables	Mixed bean & root vegetables in a thick homemade tomato & herb sauce, served with sweet potato wedges & sweetcorn	Chicken in a homemade sweet and sour sauce, served with brown rice and broccoli	Lean beef mince and mushroom stroganoff serve with a side of peas
Vegetarian Option	(V) Butterbean pie	(V) Vegetable & lentil lasagne (G)	As Above	(V) Sweet & sour tofu (SY)	(V) Lentil Mushroom stroganoff (G)
Dessert	Blueberry Yoghurt (M)	Carrot cake (G)	Winter spiced cherry muffin (G)	black forest fruit Yoghurt (M)	Apple and Pear Flapjacks (G)
	Greek yoghurt & blueberry yoghurt (Oatly yoghurt)	Homemade sugarfree oven baked carrot cake	Homemade Ovenbaked sugarfree cherry muffin	Greek yoghurt & black forest puree (Oatly yoghurt)	Sugar free, oven baked apple and pear flapjacks
Afternoon snack 2.00pm	Sweet potato fingers	Veg sticks with hummus dip	Pea Fingers	Organic rice cakes	Wholemeal pitta fingers
Light Tea from 3.15pm	Broccoli and cauliflower Vegetable bake (M) (G)	Mild bean chilli (G)	Winter squash risotto	Roasted red pepper & cannellini bean soup (G)	Pitta Pizza (G) (M)
	Broccoli and cauliflower vegetable bake with a homemade cheese sauce, topped with chopped tomatoes and cheese (Violife cheese)	Mixed beans in a homemade mild chilli sauce, served with toasted pitta	Risotto with roasted squash in a vegetable sauce	Roasted red pepper and cannellini bean soup, served with warm bread & spread	Pitta topped with homemade pizza sauce, cheese, sliced mushrooms and spring onions serve with crudites (Violife cheese)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Late Snack 5pm	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket	Fruit & vegetable basket



Little Adventures

Organic Nurseries & Preschools



Allergy information key: CELERY (CE), EGG (E), FISH (F), GLUTEN (G), LUPIN (LU), MILK (M), MUSTARD (MU), SESAME (SE), SOYA (SY), SULPHITES (SU)

Stage 2 (Mashed) Menu – Week 1



Little Adventures

Organic Nurseries & Preschools



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am - 9.15	Weetabix (G) served with milk (M)	Banana porridge (G)	Weetabix (G) served with milk (M)	Soft finger Wholemeal Toast & unsalted butter (M) (G) with avocado	Overnight oats with yoghurt & fruit puree (G) (M)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Mid morning snack 10am	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers
Lunch - from 11.15am - 11.45am	Mashed Lentil, Potato and Spinach Curry	Mashed Fish Mac and cheese (F) (M) (G)	Mashed Roast chicken dinner	Mashed Moroccan beef & cous cous with spiced roasted vegetables (G)	Mashed wholemeal spaghetti turkey bolognese with hidden vegetables (G)
	Lentil, potato and spinach curry with wholegrain rice, served with a side of cauliflower	Cod & salmon in a homemade parsley cheese sauce with macaronni, served with soft finger food	Roast chicken, roast potatoes and soft seasonal veg with homemade vegetable gravy	Lean beef mince in moroccan spices with the sweetness of apricots and sultanas. Served with cous cous and soft finger food	Homemade lean turkey bolognese with hidden vegetables and wholemeal spaghetti, served with soft finger food
Vegetarian Option	As Above (Mashed)	(V) Tofu Mac & cheese (SY)	Leek & butterbean pie (G)	(V) Mixed beans in moroccan sauce (G)	(V) Vegetable & Lentil Bolognese (G)
Dessert	Black forest fruit yoghurt (M)	Seasonal fruit salad	Mango Yoghurt (M)	Banana & cranberry flapjack (G)	Eve's Pudding (G)
	Greek yoghurt with black forest fruit puree (Oatly yoghurt)	Chefs choice of seasonal fruit soft fruit/soft fingers	Greek yoghurt with Mango puree (Oatly yoghurt)	Homemade oven baked banana & cranberry flapjack soft fingers	Baked seasonal fruit with sugar free sponge soft fingers
Afternoon snack 2.00pm	Pea Fingers	Organic Rice cakes	Wholemeal pitta fingers	Sweet potato fingers	Veg sticks with hummus dip
Light Tea from 3.15pm	Mashed Homemade cheesy Beans & finger Toast (M) (G)	Mashed Tomato and Basil Linguni (G)	Winter Country Vegetable soup (G)	Mexican Beany puff wheels (G) (M)	Mashed Broccoli & cauliflower Vegetable bake (M) (G)
	Haricot beans in a homemade tomato sauce, grated cheese with White or Wholemeal toasted triangles (Violife cheese)	Linguni served with a homemade tomato and basil sauce	Smooth, thick homemade root vegetable soup served with soft warm finger bread	Mixed beans mashed with a mild chilli spice and grated cheese, baked in puff pastry (Violife cheese)	Broccoli & cauliflower vegetable bake with a cheese sauce topped with tomatoes and cheese (Violife cheese)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink

Allergy information key: CELERY (CE), EGG (E), FISH (F), GLUTEN (G), LUPIN (LU), MILK (M), MUSTARD (MU), SESAME (SE), SOYA (SY), SULPHITES (SU)

Stage 2 (Mashed) Menu – Week 2



Little Adventures

Organic Nurseries & Preschools



WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am - 9.15	Fruit porridge (G)	Weetabix (G) served with milk (M)	Soft finger Wholemeal Toast & unsalted butter (M) (G) with banana	Overnight oats with yoghurt & fruit puree (G) (M)	Weetabix (G) served with milk (M)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Mid morning snack 10am	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers
Lunch - from 11.15am - 11.45am	Mashed Chicken & leek pie (G)	Mashed Cottage pie	Mashed Turkey ragu (G)	Mashed Cod in a tomato & basil sauce (F) (G)	Mashed Roasted cauliflower & chickpea curry
	Chicken and leek in a vegetable sauce topped with puff pastry, served with potatoes and soft finger veg	Lean beef mince, onions, carrots, garlic in a vegetable gravy topped with root vegetable mash potato, served with soft finger veg	Lean turkey in a homemade mild chilli vegetable sauce with pasta, served with soft finger veg	Cod in a homemade tomato & basil sauce, served with cous cous & soft finger veg	Roasted cauliflower and chickpeas in a mild spice coconut sauce, served with brown rice and soft finger foods
Vegetarian Option	(V) Lentil & vegetable pie (G)	(V) Vegetable & butterbean cottage Pie	(v) Mild mixed bean ragu (G)	(V) Tofu in a tomato & basil sauce (SY) (G)	As Above (Mashed)
Dessert	Winter spiced berry muffin (G)	Cherry yoghurt (M)	Carrot cake (G)	Seasonal fruit salad	Blueberry yoghurt (M)
	Homemade Ovenbaked sugarfree berry muffin soft fingers	Greek yoghurt with cherry puree (Oatly yoghurt)	Homemade sugarfree oven baked carrot cake soft fingers	Chefs choice of seasonal fruit soft fruit/soft fingers	Greek yoghurt with blueberry puree (Oatly yoghurt)
Afternoon snack 2.00pm	Organic Rice cakes	Wholemeal pitta fingers	Sweet potato fingers	Veg sticks with hummus dip	Pea Fingers
Light Tea from 3.15pm	Winter lentil & tomato Soup (G)	Pizza (G) (M)	cheesy mushroom & spinach puffs (G) (M)	Mashed Three veg mac & cheese (G) (M)	Butterbean root vegetable stew (G)
	Homemade lentil & tomato soup with soft wholemeal bread fingers	Soft Pitta fingers topped with homemade Pizza Tomato Sauce, cheese, sliced mushrooms and spring onions serve with soft veg fingers (Violife cheese)	Soft Mushroom in homemade cheesy spinach sauce in puff pastry serve with soft veg fingers (Violife cheese)	Macaroni in a homemade cheesy butternut squash sauce with leek & peas (Violife cheese)	Butterbean with root vegetables in a homemade vegetable sauce served with soft warm baguette
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink

Allergy information key: CELERY (CE), EGG (E), FISH (F), GLUTEN (G), LUPIN (LU), MILK (M), MUSTARD (MU), SESAME (SE), SOYA (SY), SULPHITES (SU)

Stage 2 (Mashed) Menu – Week 3



**Little
Adventures**

Organic Nurseries & Preschools



WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am - 9.15	Weetabix (G) served with milk (M)	Soft finger Wholemeal Toast & unsalted butter (M) (G) with avocado	Overnight oats with yoghurt & fruit puree (G) (M)	Weetabix (G) served with milk (M)	Banana porridge (G)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Mid morning snack 10am	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers
Lunch - from 11.15am - 11.45am	Mashed Beef butternut squash mac & cheese (G) (M)	Mashed Moroccan Chickpeas & vegetable cous cous (G)	Mashed Salmon & broccoli orzo (F) (G)	Mashed Mild turkey chilli	Mashed Roast chicken dinner
	Lean beef mince in a butternut squash sauce with macaronni topped with cheese, served with soft finger veg	Chickpeas and vegetables with moroccan spices with the sweetness of apricots and sultanas. Served with cous cous and soft finger veg	Salmon and broccoli in a homemade parsley sauce with orzo, served with soft finger veg	Lean Turkey in a mild chilli vegetable sauce with soft root veg wedges and soft finger veg	Roast chicken with soft roast potatoes and soft seasonal veg, served with homemade vegetable gravy
Vegetarian Option	(V) Bean butternut squash mac & cheese (G)	As Above (Mashed)	(V) Tofu & broccoli orzo (SY)	(V) Mild mixed bean chilli	(V) Cauliflowe cheese bake
Dessert	Seasonal fruit salad	Blackberry yoghurt (M)	Eve's Pudding (G)	Cranberry yoghurt (M)	Winter fruit cinnamon puffs (G)
	Chef's choice of fruit soft fruit/soft fingers	Greek yoghurt with blackberry fruit puree (Oatly yoghurt)	Baked seasonal fruit with sugar free sponge soft fingers	Greek yoghurt with cranberry fruit puree (Oatly yoghurt)	Soft winter fruit and cinnamon spice rolled in puff pastry
Afternoon snack 2.00pm	Wholemeal pitta fingers	Sweet potato fingers	Veg sticks with humous dip	Pea Fingers	Organic Rice cakes
Light Tea from 3.15pm	Vegetarian Sausage roll (G) (M)	cream of parsnip, butterbean & apple soup (G)	Mashed Homemade cheesy Beans & finger Toast (M) (G)	Mashed Mushroom & spinach orzo (G)	Winter squash & black bean quesadilla (G)(M)
	Soft Homemade Vegetarian Sausage roll served with soft crudites (Violife cheese)	Homemade parsnip, butterbean and apple soup with soft bread fingers and spread	Haricot beans in a homemade tomato sauce, grated cheese with Wholemeal toasted fingers (Violife cheese)	Orzo in a mushroom & spinach sauce	Homemade soft quesadilla with cheese and squash & black beans served with soft crudites (Violife cheese)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink

Allergy information key: CELERY (CE), EGG (E), FISH (F), GLUTEN (G), LUPIN (LU), MILK (M), MUSTARD (MU), SESAME (SE), SOYA (SY), SULPHITES (SU)

Stage 2 (Mashed) Menu – Week 4



Little Adventures

Organic Nurseries & Preschools



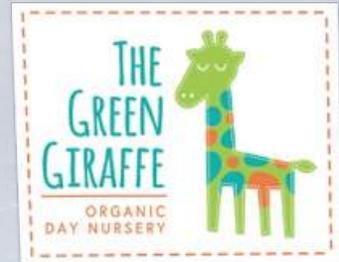
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am - 9.15	Soft finger Wholemeal Toast & unsalted butter (M) (G) with banana	Overnight oats with yoghurt & fruit puree (G) (M)	Fruit porridge (G)	Weetabix (G) served with milk (M)	Weetabix (G) served with milk (M)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Mid morning snack 10am	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers	soft fruit/veg fingers
Lunch - from 11.15am - 11.45am	Mashed Ocean pie (F)	Mashed Turkey & vegetable Lasagne (G) (M)	Mashed Mixed bean and root vegetable stew	Mashed Sweet & sour chicken & rice	Mashed Beef & mushroom stroganoff (G)
	Cod and salmon in a creamy parsley sauce topped with mash potato and soft finger veg	Lean Turkey mince in an onion and garlic tomato sauce, layered between creamy white sauce & lasagne pasta topped with grated cheese and soft finger veg	Mixed bean & root vegetables in a thick homemade tomato & herb sauce, served with soft sweet potato wedges & soft finger veg	Lean Chicken in a homemade sweet and sour sauce, served with brown rice and soft finger veg	Lean beef mince & mushroom stroganoff, served with soft finger veg
Vegetarian Option	(V) Butter bean pie	(V) Vegetable & lentil lasagne (G)	As Above (Mashed)	(V) Sweet & sour tofu (SY)	(V) Lentil Mushroom stroganoff (G)
Dessert	Blueberry Yoghurt (M)	Carrot cake (G)	Winter spiced cherry muffin (G)	black forest fruit Yoghurt (M)	Seasonal fruit salad
	Greek yoghurt & blueberry yoghurt (Oatly yoghurt)	Homemade sugarfree oven baked carrot cake soft fingers	Homemade Ovenbaked sugarfree cherry muffin soft fingers	Greek yoghurt & black forest puree (Oatly yoghurt)	Chefs choice of seasonal fruit
Afternoon snack 2.00pm	Sweet potato fingers	Veg sticks with hummus dip	Pea Fingers	Organic rice cakes	Wholemeal pitta fingers
Light Tea from 3.15pm	Mashed Broccoli & cauliflower Vegetable bake (M) (G)	Mashed Mild bean chilli (G)	Mashed Winter squash risotto	Roasted red pepper & cannellini bean soup (G)	Pitta Pizza (G) (M)
	Broccoli & cauliflower vegetable bake with a homemade cheese sauce topped with chopped tomatoes and cheese (Violife cheese)	Mashed Mixed beans in a homemade mild chilli sauce served with soft warm pitta fingers	Risotto with roasted squash in a vegetable sauce	Roasted Red Pepper and Cannellini bean soup served with soft warm bread fingers & Spread	Soft Pitta fingers topped with Homemade Pizza Tomato Sauce, cheese, sliced mushrooms and spring onions serve with soft veg fingers (Violife cheese)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink

Allergy information key: CELERY (CE), EGG (E), FISH (F), GLUTEN (G), LUPIN (LU), MILK (M), MUSTARD (MU), SESAME (SE), SOYA (SY), SULPHITES (SU)

Stage 1 (Puree) Menu – Week 1



Little Adventures
Organic Nurseries & Preschools



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am - 9.15	Puree Weetabix (G) served with milk (M)	Puree Banana porridge (G)	Puree Weetabix (G) served with milk (M)	Puree fruit porridge (G)	Puree Weetabix (G) served with milk (M)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Lunch - from 11.15am - 11.45am	Puree lentil, Potato and Spinach Curry Lentil, potato and spinach curry with wholegrain rice and cauliflower or pureed fruit and veg	Puree Fish Mac and cheese (F) (M) (G) Cod and salmon in a homemade parsley cheese sauce with macaroni, served with peas or pureed fruit and veg	Puree Roast chicken dinner Roast chicken with roast potatoes and seasonal veg, with homemade vegetable gravy or pureed fruit and veg	Puree Moroccan beef & cous cous with spiced roasted vegetables (G) Lean beef mince in moroccan spices with the sweetness of apricots and sultanas, served with cous cous and green beans or puree fruit and veg	Puree wholemeal spaghetti turkey bolognese with hidden vegetables (G) Homemade lean turkey bolognese with hidden vegetables and wholemeal spaghetti or pureed fruit and veg
	Vegetarian Option As above (pureed)	Puree (V) Tofu Mac & cheese (SY)	Puree (V) Leek & butterbean pie (G)	Puree (V) Mixed beans in moroccan sauce (G)	Puree (V) Vegetable & Lentil Bolognese (G)
Dessert	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)
Light Tea from 3.15pm	Puree Homemade cheesy Beans (M) cannellini beans in a homemade tomato sauce & cheese (Violife cheese) or puree veg	Puree Tomato and Basil Linguni (G) Linguni served with a homemade tomato and basil sauce or puree veg	Winter Country Vegetable soup Smooth, thick homemade root vegetable soup or puree veg	Puree Mexican Beans (M) Mixed beans mashed with a mild chilli spice and grated cheese (Violife cheese) or puree veg	Puree Broccoli & cauliflower Vegetable bake (M) (G) Broccoli & cauliflower vegetable bake with a cheese sauce topped with tomatoes and cheese (Violife cheese) or puree veg
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink

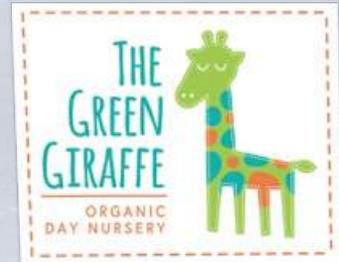
Stage 1 (Puree) Menu – Week 4

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am - 9.15	Puree Fruit porridge (G)	Puree Weetabix (G) served with milk (M)	Puree Fruit porridge (G)	Puree Weetabix (G) served with milk (M)	Puree Fruit porridge (G)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Lunch - from 11.15am - 11.45am	Puree Chicken & leek pie (G)	Puree Cottage pie	Puree Turkey ragu (G)	Puree Cod in a tomato & basil sauce (F) (G)	Puree Roasted cauliflower & chickpea curry
	Chicken and leek in a vegetable sauce topped with puff pastry, served with potatoes and broccoli or pureed fruit and veg	Lean beef mince, onions, carrots, garlic in a vegetable gravy topped with root vegetable mash potato & cabbage or pureed fruit and veg	Lean turkey in a homemade ragu sauce with pasta & sweetcorn or puree fruit and veg	Cod in a homemade tomato and basil sauce, served with cous cous and cauliflower or puree fruit and veg	Roasted cauliflower and chickpeas in a mild spice coconut sauce, served with brown rice and carrots or puree fruit and veg
Vegetarian Option	Puree (V) Lentil & vegetable pie (G)	Puree (V) Vegetable & butterbean cottage Pie	Puree (V) Mild mixed bean ragu (G)	Puree (V) Tofu in a tomato & basil sauce (SY) (G)	As above (pureed)
Dessert	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)
Light Tea from 3.15pm	Puree Winter lentil & tomato Soup (G)	Puree pizza cous cous (G) (M)	Puree cheesy mushroom & spinach beans (M)	Puree Three veg mac & cheese (G) (M)	Puree Butterbean root vegetable stew (G)
	Homemade lentil & tomato soup or puree veg	Homemade Pizza Tomato Sauce, cheese, sliced mushrooms and spring onions & cous cous (Violife cheese) or puree veg	cannellini beans & mushrooms in homemade cheesy spinach sauce (Violife cheese) or puree veg	Macaroni in a homemade cheesy butternut squash sauce with leek & peas (Violife cheese) or puree veg	Butterbean with root vegetables in a homemade vegetable sauce or puree veg
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink



Little Adventures

Organic Nurseries & Preschools



Stage 1 (Puree) Menu – Week 3



**Little
Adventures**

Organic Nurseries & Preschools



WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am - 9.15	Puree Weetabix (G) served with milk (M)	Puree Banana porridge (G)	Puree Weetabix (G) served with milk (M)	Puree fruit porridge (G)	Puree Weetabix (G) served with milk (M)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Lunch - from 11.15am - 11.45am	Puree Beef butternut squash mac & cheese (G) (M)	Puree Moroccan Chickpeas & vegetable cous cous (G)	Puree Salmon & broccoli orzo (F) (G)	Puree Mild turkey chilli	Puree Roast chicken dinner
	Lean beef mince in a butternut squash sauce with macaronni topped with cheese, served with broccolli or puree fruit and veg	Chickpeas and vegetables with moroccan spices with the sweetness of apricots and sultanas, served with cous cous and green beans or puree fruit and veg	Salmon and broccoli in a homemade parsley sauce with orzo and peas, served with carrots or puree fruit and veg	Lean Turkey in a mild chilli vegetable sauce and root veg vegetables or puree fruit and veg	Roast chicken with roast potatoes and seasonal Veg with homemade vegetable gravy or puree fruit/veg
Vegetarian Option	Puree (V) Bean butternut squash mac & cheese (G)	As above (pureed)	Puree (V) Tofu & broccoli orzo (SY)	Puree (V) Mild mixed bean chilli	Puree (V) Cauliflower cheese bake
Dessert	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)
Light Tea from 3.15pm	Root vegetable savoury mash (M)	Puree cream of parsnip, butterbean & apple soup (G)	Puree Homemade cheesy Beans (M)	Puree Mushroom & spinach orzo (G)	Puree Winter squash & black beans (M)
	Homemade root Vegetable & potato mash with cheese (Violife cheese) or puree veg	Homemade parsnip, butterbean and apple soup or puree veg	cannelini beans in a homemade tomato sauce & cheese (Violife cheese) or puree veg	Orzo in a mushroom & spinach sauce or puree veg	winter squash & black beans served with cheese (Violife cheese) or puree veg
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink

Stage 1 (Puree) Menu – Week 4



Little Adventures
Organic Nurseries & Preschools



WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am - 9.15	Puree Fruit porridge (G)	Puree Weetabix (G) served with milk (M)	Puree Fruit porridge (G)	Puree Weetabix (G) served with milk (M)	Puree Fruit porridge (G)
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink
Lunch - from 11.15am - 11.45am	Puree Ocean pie (F)	Puree Turkey & vegetable Lasagne (G) (M)	Puree Mixed bean and root vegetable stew	Puree Sweet & sour chicken & rice	Mashed Beef & mushroom stroganoff (G)
	Cod & salmon in a creamy parsley sauce topped with mash potato & carrot & peas or puree fruit/veg	Lean Turkey mince in an onion and garlic tomato sauce, layered between creamy white sauce & lasagne pasta, top with grated cheese & vegetables or puree fruit/veg	Mixed bean & root vegetables in a thick homemade tomato & herb sauce served with soft sweet potato wedges or puree fruit/veg	Lean Chicken in a homemade sweet and sour sauce served with brown rice & broccoli or puree fruit/veg	Lean beef mince & mushroom stroganoff with peas or puree fruit/veg
Vegetarian Option	Puree (V) Butter bean pie	Puree (V) Vegetable & lentil lasagne (G)	As above (pureed)	Puree (V) Sweet & sour tofu (SY)	Puree (V) Lentil Mushroom stroganoff (G)
Dessert	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)	Puree fruit or yoghurt (G)
Light Tea from 3.15pm	Puree Broccoli & cauliflower Vegetable bake (M) (G)	Puree Mild bean chilli (G)	Puree Winter squash risotto	Puree Roasted red pepper & cannellini bean soup (G)	Puree pizza cous cous (G) (M)
	Broccoli & cauliflower vegetable bake with a homemade cheese sauce topped with chopped tomatoes and cheese (Violife cheese) or puree veg	Mashed Mixed beans in a homemade mild chilli sauce or puree veg	Risotto with roasted squash in a vegetable sauce or puree veg	Roasted Red Pepper and Cannellini bean soup or puree veg	Homemade Pizza Tomato Sauce, cheese, sliced mushrooms and spring onions & cous cous (Violife cheese) or puree veg
	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink	Water or Milk (M) to Drink