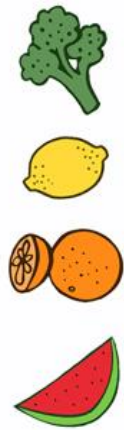


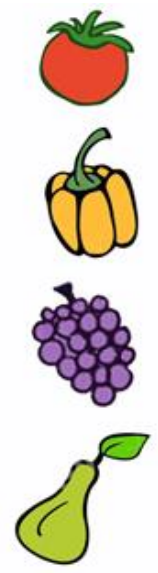


Bright Beginnings Menu

*All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Roast chicken & vegetables or Quorn chilli with fluffy rice	Chicken curry with fluffy rice or Macaroni cheese with ham & peas	Sausages with mashed potato & peas or Pizza with salad & coleslaw	Chicken goujons with mixed vegetables & cous-cous or Lemon sole goujons with beans & baby potatoes	Chicken stir fry with noodles or Soup of the day with an assortment of filled rolls
Snacks	Rice cakes with banana and strawberries	Oatcakes with fruit	Cream cheese with vegetables sticks	Homemade flapjack with fruit	Crackers, cheese cubes and fruit



All chicken/meat options can be replaced with a meat free alternative as per individual child's needs.

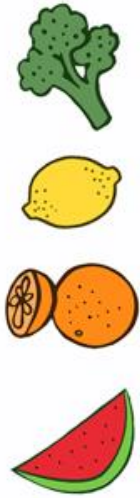
Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.



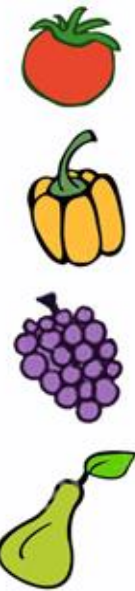


Bright Beginnings Menu

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Spaghetti & meatballs with garlic bread or Baked potatoes with mixed salad & various fillings	Creamy fish pie with mixed vegetables or Tomato Pasta with turkey, peas and sweetcorn	Chicken Lasagne with vegetables or Macaroni cheese with ham & peas	Quorn mince & potatoes with carrots & swede or Soup of the day with an assortment of filled rolls	Roast chicken, roast potatoes, carrots & broccoli or Soup of the day with an assortment of filled rolls
Snacks	Scones and fruit	Homemade cinnamon rolls with fruit	Crackers, cheese cubes and cucumber sticks	Oatcakes and fruit	Cream cheese with breadsticks and carrot sticks



All chicken/meat options can be replaced with a meat free alternative as per individual child's needs.

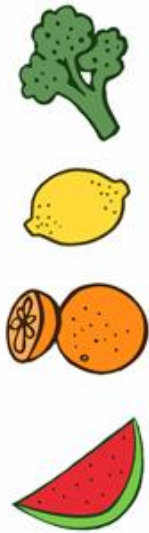
Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.



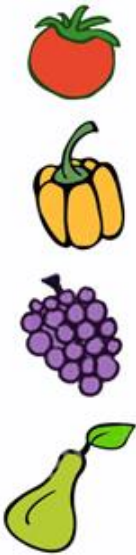


Bright Beginnings Menu

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Chicken curry with fluffy rice or Lemon sole goujons with baby potatoes, carrots & broccoli	Pizza with salad & coleslaw or Quorn mince lasagne with mixed vegetables	Quorn Bolognese with garlic bread or Macaroni cheese with peas & sweetcorn	Spaghetti & meatballs with garlic bread or Sausages with mashed potato & peas	Chicken goujons with vegetables and cous-cous or Baked potatoes with mixed salad and various fillings
Snacks	Crackers, cheese cubes and carrot sticks	Crumpets with fruit	Scones with fruit	Oatcakes and fruit	Pancakes and fruit



All chicken/meat options can be replaced with a meat free alternative as per individual child's needs.

Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.



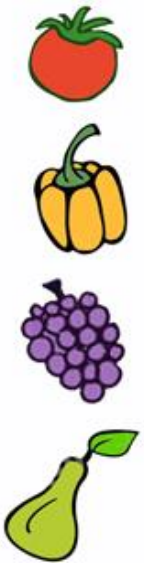


Bright Beginnings Menu

*All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Roast chicken, roast potatoes, carrots & broccoli or Creamy fish pie with mixed vegetables	Quorn mince, potatoes, carrots & swede or Soup of the day with an assortment of filled rolls	Tomato pasta with turkey, peas & sweetcorn or Quorn mince lasagne with mixed vegetables	Chicken stir fry with noodles or Macaroni cheese with ham & peas	Lemon sole goujons with baby potatoes & garden peas or Chicken curry with fluffy rice
Snacks	Rice cakes with banana and strawberries	Oatcakes with fruit	Cream cheese with vegetables sticks	Homemade flapjack with fruit	Crackers, cheese cubes and fruit



All chicken/meat options can be replaced with a meat free alternative as per individual child's needs.

Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.

