

## Kiddicare Vegetarian Menu – Week One (with Allergens)

### Monday

- Breakfast - Choice of cereals (Allergens: Gluten, Milk)
- Morning Snack - Apple & pear slices (Allergens: None)
- Lunch - Chickpea & sweet potato curry with mango (Allergens: None)
- Afternoon Snack - Veg sticks with hummus (Allergens: Sesame, Possible Soy)
- Teatime - Tomato & lentil soup with bread (Allergens: Gluten)

### Tuesday

- Breakfast - Porridge with banana (Allergens: Gluten, Milk)
- Morning Snack - Fruit (Allergens: None)
- Lunch - Lentil cottage pie (Allergens: None)
- Afternoon Snack - Toast with sunflower spread (Allergens: Gluten)
- Teatime - Quinoa wraps with salad (Allergens: Gluten)

### Wednesday

- Breakfast - Toast with avocado (Allergens: Gluten)
- Morning Snack - Fruit (Allergens: None)
- Lunch - Tofu stir-fry with noodles (Allergens: Gluten)
- Afternoon Snack - Oatcakes & soft cheese (Allergens: Gluten, Milk)
- Teatime - Pitta with Quorn, cucumber & tomato (Allergens: Gluten, Egg, Possible Milk)

### Thursday

- Breakfast - Cereal with milk (Allergens: Gluten, Milk)
- Morning Snack - Grapes & crackers (Allergens: Gluten)
- Lunch - Risotto with kiwi (Allergens: None)
- Afternoon Snack - Seasonal fruit (Allergens: None)
- Teatime - Mini pizzas on muffins (Allergens: Gluten, Milk)

### Friday

- Breakfast - Oats with fruit & milk (Allergens: Gluten, Milk)
- Morning Snack - Seasonal fruits (Allergens: None)
- Lunch - Vegetable pasta bake (Allergens: Gluten, Milk)
- Afternoon Snack - Yogurt & blueberries (Allergens: Milk)
- Teatime - Jacket potato with cheese & broccoli (Allergens: Milk)

## Week TWO (with Allergens)

### Monday

- Breakfast - Choice of cereals (Allergens: Gluten, Milk)
- Morning Snack - Apple & Rice cake (Allergens: may contain gluten)
- Lunch - vegetable risotto with peas and courgette with melon (Allergens: None)
- Afternoon Snack - bell pepper strips with hummus (Allergens: Sesame, Possible Soy)
- Teatime - beans on whole grain toast (Allergens: Gluten)

### Tuesday

- Breakfast - toast with sunflower spread and sliced banana (Allergens: Gluten, Milk)
- Morning Snack - Fruit (Allergens: None)
- Lunch - pizza with veg toppings with pineapple (Allergens: gluten)
- Afternoon Snack - yogurt with blue berries (Allergens: milk)
- Teatime - hummus with pita (Allergens: Gluten)

### Wednesday

- Breakfast - oat porridge with cinnamon pear (Allergens: Gluten)
- Morning Snack - carrot sticks with whole meal cracker (Allergens: None)
- Lunch - Quorn stew with couscous and plums (Allergens: gluten)
- Afternoon Snack - cucumber slices and cheese cubes (Allergens: milk)
- Teatime - tomato and lentil soup with pitta bread (Allergens: Gluten, )

### Thursday

- Breakfast - cereal with milk (Allergens: Gluten, Milk)
- Morning Snack - orange and pear (Allergens: none)
- Lunch - chilli con carne with rice (none)
- Afternoon Snack - tomato slices with oatcakes (Allergens: gluten)
- Teatime - baked potatoes with cheese (Allergens: Milk)

### Friday

- Breakfast - Oats with fruit & milk (Allergens: Gluten, Milk)
- Morning Snack - grapes and crackers (Allergens: gluten )
- Lunch - spaghetti with tomato and veg sauce (Allergens: Gluten, Milk)
- Afternoon Snack - Yogurt & apple (Allergens: Milk)
- Teatime - veg wrap with soft cheese (Allergens: Milk)

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## Week Three (with Allergens)

### Monday

- Breakfast - porridge with pears (Allergens: Gluten, Milk)
- Morning Snack - Apple & Rice orange (Allergens: none)
- Lunch - vegetable and lentil curry with rice (Allergens: None)
- Afternoon Snack - soft cheese with toast fingers (Allergens: gluten)
- Teatime - butternut squash soup with bread (Allergens: Gluten)

### Tuesday

- Breakfast - oats with banana with milk (Allergens: Gluten, Milk)
- Morning Snack - Fruit (Allergens: None)
- Lunch - creamy vegetable pasta (Allergens: gluten and milk)
- Afternoon Snack - rice cakes (Allergens: may contain gluten)
- Teatime - potato bake with veg and cheese (Allergens: milk)

### Wednesday

- Breakfast - rice Krispies with cinnamon pear (Allergens: may contain Gluten)
- Morning Snack - pear and whole meal cracker (Allergens: gluten)
- Lunch - whole meal noodles with veg and tofu with pineapple (Allergens: gluten, may contain dairy soya)
- Afternoon Snack - cucumber sticks with cheese (Allergens, milk)
- Teatime - lentil and veg soup with pitta strips (Allergens: Gluten,)

### Thursday

- Breakfast - Weetabix with milk (Allergens: Gluten, Milk)
- Morning Snack - melon and pear (Allergens: none)
- Lunch - veg casserole with potato and strawberry (none)
- Afternoon Snack - toast finger with cream cheese (Allergens: gluten)
- Teatime - grated cheese and veg stuffing wraps (Allergens: Milk)

### Friday

- Breakfast - porridge with fruit & milk (Allergens: Gluten, Milk)
- Morning Snack - carrot sticks and apples (Allergens: none)
- Lunch - chickpea risotto and plums (Allergens: none)
- Afternoon Snack - Yogurt & raspberry (Allergens: Milk)
- Teatime - Quorn chicken sandwiches (Allergens: gluten)

## Week four (with Allergens)

### Monday

- Breakfast - oats with peach milk or water (Allergens: Gluten, Milk)
- Morning Snack - Rice crackers and apples (Allergens: none)
- Lunch - lentil and vegetable Shepards pie and plums (Allergens: milk)
- Afternoon Snack - soft cheese with toast fingers (Allergens: gluten)
- Teatime - potato and veg bake (Allergens: milk)

### Tuesday

- Breakfast - porridge and berries with milk (Allergens: Gluten, Milk)
- Morning Snack - Fruit (Allergens: None)
- Lunch - chickpea veg curry and rice with mango (Allergens: none)
- Afternoon Snack - oat cakes (Allergens: may contain gluten)
- Teatime -cheese sandwiches with cucumber sticks (Allergens: milk)

### Wednesday

- Breakfast - choice of cereals with milk water (Allergens: Gluten and milk)
- Morning Snack - seasonal fruit (Allergens: none)
- Lunch - Quorn mince veg stew couscous with fruit salad (Allergens: gluten, may contain dairy soya)
- Afternoon Snack - bread sticks with humus (Allergens, gluten and milk)
- Teatime - baked beans with pita triangles (Allergens: Gluten,)

### Thursday

- Breakfast - Weetabix with milk (Allergens: Gluten, Milk)
- Morning Snack - seasonal fruits(Allergens: none)
- Lunch - veg casserole with potato and strawberry (none)
- Afternoon Snack - creamy veg pasta with water melon (Allergens: gluten milk)
- Teatime - humus wraps with grated veg fillings wraps (Allergens: gluten)

### Friday

- Breakfast - porridge with fruit & milk (Allergens: Gluten, Milk)
- Morning Snack - melon and oranges(Allergens: none)
- Lunch - veg lentil bolognese pasta with strawberry (Allergens: gluten)
- Afternoon Snack - Yogurt & berries(Allergens: Milk)
- Teatime - mini pizza with variety of toppings (Allergens: gluten cheese)

## Kiddicare Weekly Menu

### Week One

Day	Breakfast	Morning Snack	Lunch & Dessert	Afternoon Snack	Teatime
Monday	Choice of cereals Milk or water	Fresh apple and pear slices Milk or water	Chickpea & sweet potato curry with brown rice Fresh mango cubes	Cucumber & carrot sticks with hummus Milk or water	Tomato & lentil soup with wholemeal bread
Tuesday	Porridge with banana slices	Fresh orange and banana slices Milk or Water	Lentil cottage pie with hidden veg mash Fruit salad	Wholemeal toast with sunflower spread Milk or Water	Quinoa & veg salad wraps
Wednesday	Wholemeal toast with mashed avocado	Melon cubes Or Apple slices Milk or water	Stir-fried tofu with wholewheat noodles & mixed veg Orange wedges	Oatcakes with soft cheese Milk or Water	Wholemeal pitta with Quorn chicken, cucumber & tomato
Thursday	Choice of cereal with milk	Sliced grapes and crackers Milk or water	Mushroom & vegetable risotto Kiwi slices	Seasonal Fruits Milk or water	Mini pizzas on wholemeal muffin with tomato, peppers, cheese
Friday	Oats with Fruits and milk	Seasonal fruits Milk or water	Vegetable pasta bake with wholemeal pasta Mix fruits	Yogurt & blueberries Milk or water	Jacket potato with cheese & steamed broccoli

Please Note: All meals are freshly prepared on site and we take into account any children with any allergies or dietary requirements. The above meal may change without prior notice and replace by a suitable alternative.

## Week Two

Day	Breakfast	Morning Snack	Lunch & Dessert	Afternoon Snack	Teatime
Monday	Choice of cereals Milk or water	Apple & rice cakes Milk or water	Vegetable risotto with peas and courgette Melon cubes	Bell pepper strips with hummus Milk or water	Beans on wholegrain toast
Tuesday	Toast with sunflower spread & sliced banana	Fruit salad Milk or water	Pizza with veggie toppings on wholemeal base Fresh pineapple	Plain yogurt with berries Milk or water	Chickpea & salad wrap or hummus with pitta
Wednesday	Oat porridge with cinnamon & pear	Carrot sticks & wholemeal crackers	Quorn stew (egg-free) with couscous Plums	Cucumber slices & cheese cubes Milk or water	Lentil/tomato soup with pitta bread
Thursday	Choice of cereals Milk or water	Orange wedges and pears Milk or water	Chilli cone carne with rice Apple slices	Tomato slices with oatcakes Milk or water	Baked potato with veg bean filling
Friday	Overnight oats with fruit Milk or water	Grapes & crackers (low-salt) Milk or water	Spaghetti with tomato, lentils & veggie sauce Fruit salad	Yogurt with apple Milk or water	Veg wraps with salad and soft cheese

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### Week Three

Day	Breakfast	Morning Snack	Lunch & Dessert	Afternoon Snack	Teatime
Monday	porridge with pears Milk or water	Apples and orange wedges	Vegetable and lentil curry with rice Mango	Soft cheese with toast fingers	Butternut squash soup with bread
Tuesday	Oats with banana Milk or water	Banana and sliced grapes	Creamy vegetable pasta Peach	Unsweetened rice cakes	Potato bake with veg and cheese
Wednesday	Rice Krispies with milk or water	pear and crackers	noodles with vegetables and tofu pineapple	Cucumber sticks and cheese	Lentil and vegetable soup with pitta strips
Thursday	Weetabix with Milk or water	sliced melon and orange	vegetable casserole with potato Strawberry	Toast fingers with cream cheese	Grated cheese and veg stuffing wraps
Friday	Baby porridge with fruit purée Milk or water	carrot sticks and apples	Chick pea risotto plums	Yogurt with raspberry	Quorn chicken sandwiches

## Week Four

Day	Breakfast	Morning Snack	Lunch & Dessert	Afternoon Snack	Teatime
Monday	oats with peach Milk or water	Rice crackers and apples	Lentil and vegetable shepherd's pie plums	Soft cheese with toast fingers	potato and soft vegetables bake
Tuesday	Porridge with berries Milk or water	Banana and pears	chickpea and vegetable curry with rice Mango	Unsweetened Oat cakes	Cheese sandwiches with cucumber sticks
Wednesday	Choice of cereal with banana Milk or water	Plums and kiwi	Quorn and vegetable stew with couscous Fruit salad	Bread sticks with hummus	Baked beans with pita triangles
Thursday	Weetabix with Milk or water	Seasonal fruits	Creamy vegetable pasta melon	Cucumber and carrot sticks	Humus wraps with grated veg filling
Friday	porridge with fruit Milk or water	melon pieces and orange	Vegetable and lentil bolognese with pasta Strawberry	Yogurt	Mini pizza with variety of veg toppings

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"We offer fruit and vegetables regularly throughout the day. Teatime focuses on savory, iron-rich foods to support balanced nutrition and avoid over-reliance on sweet tastes."