

# Over 12 Months Menu

Week 1	Breakfast	Snack	Lunch	Dinner
<b>Monday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chilli con Carne served with Baked Potato Cheese <i>Contain: (Celery, Dairy)</i>  Mango Yogurt <i>Contain: (Dairy)</i>	Pitta Pizza and Sliced Cucumber <i>Contain: (Dairy, Gluten)</i>  Sliced Melon
<b>Tuesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Sardine, Tomato and Black Olive Spaghetti served with baby carrots <i>Contain: (Gluten, Celery, Fish)</i>  Fruit Salad	Parsnip, Cauliflower and Sage Soup + Homemade Sundried Tomato and Olive Bread <i>contain: (Gluten, Celery, Dairy)</i>  Banana and Apricot Flapjack <i>Contain: (Gluten)</i>
<b>Wednesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chicken Cobbler with seasonal root vegetables and green beans, served with Peas and Sweetcorn <i>Contain: (Celery, Gluten)</i>  Raspberry Jelly	Homemade sausage rolls served with baked beans <i>Contain: (Gluten, Eggs)</i>  Cocoa and Date cookies <i>Contain: (Gluten, Eggs, Soya)</i>
<b>Thursday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Beef, Sweet potato and Spinach curry served with Homemade Naan Bread <i>Contain: (Celery, Dairy, Gluten)</i>  Fruit salad	Chicken and Cheese Tortilla Roll up and vegetable sticks <i>Contain: (Gluten, Dairy)</i>  Caramelised Pear tart <i>Contain: (Gluten)</i>
<b>Friday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Fish pie with leeks and peas served with steamed broccoli <i>Contain: (Dairy, Gluten, Fish)</i>  Cocoa and Date Mousse	Homemade Cheese Bread with Butternut Squash, served with baked beans and sliced cucumber <i>Contain: (Dairy, Gluten)</i>  Sliced Melon

**AUTUMN/WINTER MENU**  
2025/2026

**Advantage**  
Childrens Day Nursery

FRESH PRODUCED FOOD DAILY ONSITE  
VEGETARIAN AND ALL DIETARIES AVAILABLE  
HAPPY TO SUPPORT LOCAL SUPPLIERS

# Over 12Months Menu

Week 2	Breakfast	Snack	Lunch	Dinner
<b>Monday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chicken Noodle Hotpot and Steamed Broccoli <i>contain: (Celery, Gluten)</i>  Blackberry yogurt <i>Contain: (Dairy)</i>	Spiced Thai Carrot, red pepper and coconut soup served with Homemade crusty bread <i>Contain: (Celery, Dairy, Gluten)</i>  Sliced Melon
<b>Tuesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Golden Shepherd's pie served with steamed Carrots <i>Contain: (Celery)</i>  Fruit Salad	Cod Fingers served with Baked Beans <i>Contain: (Gluten, Fish)</i>  Banana Flapjack <i>Contain: (Gluten)</i>
<b>Wednesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Beef stew with winter root vegetables and herby dumplings, served with steamed Broccoli <i>Contain: (Gluten, Celery)</i>  Sweet Potato Brownies <i>Contain: (Gluten, Eggs)</i>	Creamy Tomato Pasta <i>contain: (Gluten, Dairy, Celery)</i>  Sliced Melon
<b>Thursday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Lightly herbed sausages served with mash potatoes & steamed vegetables <i>Contain: (Dairy, Gluten)</i>  Raspberry Yogurt <i>Contain: (Dairy)</i>	Wholemeal sandwich selection and vegetable sticks <i>Contain: (Dairy, Gluten, Soya)</i>  Lemon and Ginger Shortbread <i>contain: (Gluten)</i>
<b>Friday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Macaroni Cheese with Seasonal Vegetables and Steamed Cabbage <i>Contain: (Gluten, Celery, Dairy)</i>  Fruit Salad	Cheesy Pesto Chicken Pinwheels and Cucumber <i>Contain: (Dairy, Gluten)</i>  Spiced Carrot Cake <i>Contain: (Gluten, Eggs)</i>

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Week 3	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Roasted Chicken served with Roasted Potatoes, Gravy + Peas & Sweetcorn Contain: (Celery)  Chocolate and Orange Sponge Contain: (Gluten, Egg)	Ham, Cheese and Lettuce Roll up + Vegetable sticks Contain: (Gluten, Dairy)  Sliced Melon
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chunky Chilli con carne served with steamed rice and Green Beans Contain: (Celery)  Fresh Fruit Salad	Baked Potato served with Baked Beans and Cheese Contain: (Dairy)  Fig and Blackberry Folded Tart Contain: (Gluten)
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Bowtie pasta served with roasted seasonal vegetables in a sweet potato and coconut sauce served with mini corn cobs Contain: (Celery, Dairy, Gluten)  Strawberry Yogurt Contain: (Dairy)	Pitta Pizza and Sliced Cucumber Contain: (Dairy, Gluten, Celery)  Banana and Blueberry Muffin contain: (Gluten, Eggs)
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Pork and Apple stew served with mash potatoes and steamed broccoli contain: (Celery, Dairy)  Banana and Cranberry Flapjack contain: (Gluten)	Roasted Turnip and Celeric Creamy Soup served with Butternut Squash Bread Contain: (Dairy, Gluten)  Sliced Melon
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Creamy Salmon and Spinach Pasta Bake served with Peas Contain: (Dairy, Gluten, Fish)  Fresh Fruit Salad	Chicken rolls served with baked beans contain: (Gluten, Eggs)  Spiced Pumpkin Cookies contain: (Gluten, Soya)

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Week 4	Breakfast	Snack	Lunch	Dinner
<b>Monday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Tuna Pasta Bake and Steamed Peas & Sweetcorn <i>contain: (Gluten, Dairy, Fish, Celery)</i>  Mixed Berry yogurt <i>Contain: (Dairy)</i>	Homemade cheese bread with butternut squash, served with baked beans and Cucumber <i>Contain: (Dairy, Gluten)</i>  Sliced Melon
<b>Tuesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Cottage Pie with grated Butternut Squash and Marrow and steamed Broccoli <i>contain: (Celery)</i>  Fresh fruit salad	Wholemeal sandwich selection and vegetable sticks <i>Contain: (Dairy, Gluten, Soya)</i>  Cinnamon Oat Cookies <i>Contain: (Dairy, Gluten)</i>
<b>Wednesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Creamy Ham, leek and mushroom pasta bake served with mini corn cobs <i>contain: (Gluten, dairy)</i>  Rhubarb and Orange Cake <i>Contain: (Gluten, Eggs)</i>	Spiced pumpkin and red pepper soup served with Homemade Garlic and Thyme bread <i>contain: (Celery, Dairy, Gluten)</i>  Sliced Melon
<b>Thursday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Sweet Creamy Paneer & Chickpea Curry and Fragrant Rice <i>Contain: (Celery, Dairy)</i>  Mango Yogurt <i>Contain: (Dairy)</i>	Tomato & Cheese Pinwheels and sliced cucumber <i>Contain: (Gluten, Dairy)</i>  Sweet Potato Brownies <i>Contain: (Gluten, Eggs)</i>
<b>Friday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Bulgur Beef Meatballs and Hidden Veggie Spaghetti served with Steamed Carrots <i>contain: (Gluten, Celery)</i>  Fresh Fruit salad	Fish & oven baked Potato served with Peas <i>contain: (Fish, Gluten, Dairy)</i>  Spiced Apple and Elderflower rolls <i>Contain: (Gluten)</i>

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# Ducklings & Penguins Menu

Week 1	Breakfast	Snack	Lunch	Dinner
<b>Monday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Chilli con Carne served with Baked Potato Cheese <i>Contain: (Celery, Dairy)</i></p> <p>Mango Yogurt <i>Contain: (Dairy)</i></p> <p>Butternut &amp; Parsnip</p> <p>Apple</p>	<p>Cauliflower and Bean Bake <i>Contain: (Gluten, Dairy)</i></p> <p>Sliced Melon</p> <p>Cauliflower &amp; Pea</p> <p>Pear &amp; Mango</p>
<b>Tuesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Sardine, Tomato and Black Olive Spaghetti served with baby carrots <i>Contain: (Gluten, Celery, Fish)</i></p> <p>Fruit Salad</p> <p>Broccoli &amp; Swede</p> <p>Papaya &amp; Raspberry</p>	<p>Parsnip, Cauliflower and Sage Soup + Homemade Sundried Tomato and Olive Bread <i>contain: (Gluten, Celery, Dairy)</i></p> <p>Banana and Apricot Flapjack <i>Contain: (Gluten)</i></p> <p>Courgette &amp; Carrot</p> <p>Pear</p>
<b>Wednesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Chicken Cobbler with seasonal root vegetables and green beans, served with Peas and Sweetcorn <i>contain: (Celery, Gluten)</i></p> <p>Raspberry Jelly</p> <p>Green beans &amp; Butternut</p> <p>Peaches &amp; Blueberry</p>	<p>Pork, Leek and Apple pie <i>Contain: (Gluten)</i></p> <p>Cocoa and Date cookies <i>Contain: (Gluten, Eggs, Soya)</i></p> <p>Cabbage &amp; Pear</p> <p>Plums</p>
<b>Thursday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Beef, Sweet potato and Spinach curry served with Homemade Naan Bread <i>Contain: (Celery, Dairy, Gluten)</i></p> <p>Fruit salad</p> <p>Sweet Potato &amp; Lentil</p> <p>Apricot</p>	<p>Creamy Mushroom and Spinach Risotto <i>Contain: (Dairy)</i></p> <p>Caramelised Pear tart <i>Contain: (Gluten)</i></p> <p>Pumpkin &amp; Apple</p> <p>Avocado &amp; Pear</p>
<b>Friday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Fish pie with leeks and peas served with steamed broccoli <i>contain: (Dairy, Gluten, Fish)</i></p> <p>Cocoa and Date Mousse</p> <p>Swede &amp; Leeks</p> <p>Apple, banana &amp; Cinnamon</p>	<p>Homemade Cheese Bread with Butternut Squash, served with baked beans and sliced cucumber <i>Contain: (Dairy, Gluten)</i></p> <p>Sliced Melon</p> <p>Aubergine &amp; Butter Beans</p> <p>Mixed Berries</p>

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BABY FOOD PUREE IS HIGHLIGHTED IN GREEN. AS BABIES GET OLDER, THEY WILL BE INTRODUCED TO MORE TEXTURED FOOD. WE WILL FOLLOW CHILDREN'S PROGRESS AS THEY GROW. CONTACT YOUR CHILD'S KEYWORKER FOR ANY SPECIFIC DIETARY REQUIREMENT OR ALLERGIES

# Ducklings & Penguins Menu

Week 2	Breakfast	Snack	Lunch	Dinner
<b>Monday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Chicken Noodle Hotpot and Steamed Broccoli contain: (Celery, Gluten)  Blackberry yogurt Contain: (Dairy)  Sweet Potato & Leeks  Strawberry & Apple	Spiced Thai Carrot, red pepper and coconut soup served with Homemade crusty bread Contain: (Celery, Dairy, Gluten)  Carrot & Cauliflower  Sliced Melon  Apricot & Pear
<b>Tuesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Golden Shepherd's pie served with steamed Carrots Contain: (Celery)  Butternut & Lentil  Fruit Salad  Mango	Cod and Broccoli pie contain: (Fish, Gluten, Dairy)  Parsnip & Swede  Banana Flapjack Contain: (Gluten)  Peaches & Blueberry
<b>Wednesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Beef stew with winter root vegetables and herby dumplings, served with steamed Broccoli Contain: (Gluten, Celery)  Broccoli & white beans  Sweet Potato Brownies Contain: (Gluten, Eggs)  Berry Mix	Creamy Tomato Pasta contain: (Gluten, Dairy, Celery)  Pumpkin & Courgette  Sliced Melon  Plums
<b>Thursday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Lightly herbed sausages served with mash potatoes & steamed vegetables Contain: (Dairy, Gluten)  Aubergine, Apple & beans  Raspberry Yogurt Contain: (Dairy)  Pear	Sweet potato ,Chicken & Chive Risotto Contain: ( Dairy)  Sweet Potato & Red Pepper  Lemon and Ginger Shortbread contain: (Gluten)  Apple & Raspberry
<b>Friday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Macaroni Cheese with Seasonal Vegetables and Steamed Cabbage Contain: (Gluten, Celery, Dairy)  Red Cabbage & Apple  Fruit Salad  Banana & avocado	Baked potato served with Baked Beans, Cheese Contain: (Dairy)  Butternut & Carrot  Spiced Carrot Cake Contain: (Gluten, Eggs)  Plums

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# Ducklings & Penguins Menu

Week 3	Breakfast	Snack	Lunch	Dinner
Monday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Roasted Chicken served with Roasted Potatoes, Gravy + Peas &amp; Sweetcorn <i>Contain: (Celery)</i></p> <p>Chocolate and Orange Sponge <i>Contain: (Gluten, Egg)</i></p> <p>Butternut &amp; Parsnip</p> <p>Apple</p>	<p>Broccoli &amp; Cauliflower Bake <i>Contain: (Gluten, Dairy)</i></p> <p>Sliced Melon</p> <p>Cauliflower &amp; Pea</p> <p>Pear &amp; Mango</p>
Tuesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Chunky Chilli con carne served with steamed rice and Green Beans <i>Contain: (Celery)</i></p> <p>Fresh Fruit Salad</p> <p>Broccoli &amp; Swede</p> <p>Papaya &amp; Raspberry</p>	<p>Baked Potato served with Baked Beans and Cheese <i>Contain: (Dairy)</i></p> <p>Fig and Blackberry Folded Tart <i>Contain: (Gluten)</i></p> <p>Courgette &amp; Carrot</p> <p>Pear</p>
Wednesday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Bowtie pasta served with roasted seasonal vegetables in a sweet potato and coconut sauce served with mini corn cobs <i>Contain: (Celery, Dairy, Gluten)</i></p> <p>Strawberry Yogurt <i>Contain: (Dairy)</i></p> <p>Green beans &amp; Butternut</p> <p>Peaches &amp; Blueberry</p>	<p>Carrot, cheese and cherry tomato Risotto <i>contain: (Dairy)</i></p> <p>Banana and Blueberry Muffin <i>Contain: (Gluten, Eggs)</i></p> <p>Cabbage &amp; Pear</p> <p>Plums</p>
Thursday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Pork and Apple stew served with mash potatoes and steamed broccoli <i>contain: (Celery, Dairy)</i></p> <p>Banana and Cranberry Flapjack <i>Contain: (Gluten)</i></p> <p>Sweet Potato &amp; Lentil</p> <p>Apricot</p>	<p>Roasted Turnip and Celeriac Creamy Soup served with Butternut Squash Bread <i>Contain: (Dairy, Gluten)</i></p> <p>Sliced Melon</p> <p>Pumpkin &amp; Apple</p> <p>Avocado &amp; Pear</p>
Friday	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	<p>Creamy Salmon and Spinach Pasta Bake served with Peas <i>Contain: (Dairy, Gluten, Fish)</i></p> <p>Fresh Fruit Salad</p> <p>Swede &amp; Leeks</p> <p>Apple, banana &amp; Cinnamon</p>	<p>Creamy Chicken and Butternut Squash Pie <i>Contain: (Dairy, Gluten)</i></p> <p>Spiced Pumpkin Cookies <i>contain: (Gluten, Soya)</i></p> <p>Aubergine &amp; Butter Beans</p> <p>Mixed Berries</p>

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# Ducklings & Penguins Menu

Week 4	Breakfast	Snack	Lunch	Dinner
<b>Monday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Tuna Pasta Bake and Steamed Peas & Sweetcorn <i>contain: (Gluten, Dairy, Fish, Celery)</i>  Mixed Berry yogurt <i>Contain: (Dairy)</i>	Homemade cheese bread with butternut squash, served with baked beans and Cucumber <i>Contain: (Dairy, Gluten)</i>  Sliced Melon
			Sweet Potato & Leeks	Carrot & Cauliflower
			Strawberry & Apple	Apricot & Pear
<b>Tuesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Cottage Pie with grated Butternut Squash and Marrow and steamed Broccoli <i>contain: (Celery)</i>  Fresh fruit salad	Chicken and Sweetcorn Creamy Risotto <i>Contain: (Dairy)</i>  Cinnamon Oat Cookies <i>Contain: (Dairy, Gluten)</i>
			Butternut & Lentil	Parsnip & Swede
			Mango	Peaches & Blueberry
<b>Wednesday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Creamy Ham, leek and mushroom pasta bake served with mini corn cobs <i>contain: (Gluten, dairy)</i>  Rhubarb and Orange Cake <i>Contain: (Gluten, Eggs)</i>	Spiced pumpkin and red pepper soup served with Homemade Garlic and Thyme bread <i>contain: (Celery, Dairy, Gluten)</i>  Sliced Melon
			Broccoli & white beans	Pumpkin & Courgette
			Berry Mix	Plums
<b>Thursday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Sweet Creamy Paneer & Chickpea Curry and Fragrant Rice <i>Contain: (Celery, Dairy)</i>  Mango Yogurt <i>Contain: (Dairy)</i>	Baked Potato served with Baked Beans and Cheese <i>Contain: (Dairy)</i>  Sweet Potato Brownies <i>Contain: (Gluten, Eggs)</i>
			Aubergine, Apple & beans	Sweet Potato & Red Pepper
			Pear	Apple & Raspberry
<b>Friday</b>	Cereals with milk, wholemeal toast and a selection of condiments	Selection of local produced fruit and vegetables	Bulgur Beef Meatballs and Hidden Veggie Spaghetti served with Steamed Carrots <i>contain: (Gluten, Celery)</i>  Fresh Fruit salad	Salmon and Leek Pie <i>contain: (Fish, Gluten, Dairy)</i>  Apple and Elderflower rolls <i>Contain: (Gluten)</i>
			Red Cabbage & Apple	Butternut & Carrot
			Banana & avocado	Plums

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