

Events and Home Delivery Menu for Children

6+ months

Lentils, squash, orange and tomato
Leeks, cheese and potatoes
Green beans and peas
Swede and parsnip
Sweet potato and red pepper
Red cabbage and apples
Mango, carrot and strawberry
Butternut squash, sweetcorn and peas
Carrots and turnips
Swede, carrots and cinnamon

Peas, courgettes, mint and rice
Pears and avocado
Broccoli, cauliflower and courgettes
Peaches and blueberries
Oats, bananas and mixed spice
Sweet potatoes, carrots, cheese and broccoli
Papaya and raspberries
Butter beans, parsnips and carrots
Chickpeas, courgettes, carrots and coriander
Sweet potatoes, squash, apples and blueberries



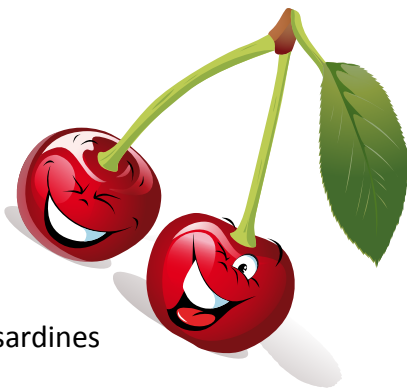
7+ months

Apricot porridge
Butter bean soup
Broccoli, petite peas, cheese and chive pasta
Roast red pesto chicken
Tasty tomato fish + rice
Fish curry
Veggie dhal
Spaghetti and oregano
Sweet and spicy lamb and date couscous
Roasted salmon and beans
Veggie bake with lentils
Fisherman's pie
Chicken and apricot casserole
Couscous with cherries + cinnamon
Creamy cheese and rosemary risotto
Coconut + mango crush
Spiced pear
Apricot and nutmeg
Dates and cinnamon



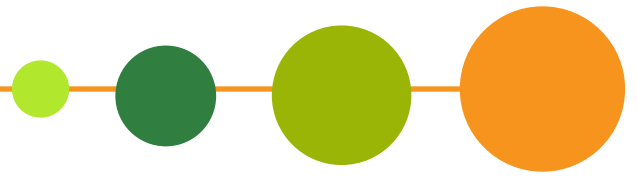
10+ months

Soft oats and apple with sunflower seeds
Beans and baked eggs
Scrambled eggs and pitta bread
Leek and chicken pie
Tortilla muffins
Sardine pasta
Salmon risotto
Veggie feast mac and cheese
Lamb with mint and pine nuts
Haddock and pesto pasta
Lemony chicken thai noodles
Jamaican fish curry
Fruity porridge
Salmon and avocado couscous
Wriggly noodles, sweetcorn and sardines
Mushroom pea and tomato pilaf
Lamb shepherd's pie
Greens and beef noodles
Meatballs with mango sauce
Tuna, cheese and chive jacket potato



12+ months

Cranberry muesli
Banana pancakes
Bean burgers
Special fried rice with prawns
Turkey and fennel pasta bake
Olive pizza
Cheesy pie
Salmon carbonara
BBQ chicken
Spiced chicken and sultana curry
Bursting butternut squash
Chicken with minty peas
Apple and pork ragu
Mackerel salad
Lamb stew
Chicken paella
Lentil soup
Beef stew and dumplings
Tuna spaghetti Bolognese
Vegetable chili con carne
Apple crumble and custard
Sticky date squares
Berry pudding
Squishy tuna fishcakes and mushy peas
Beetroot muffins
Chicken satays
Mash potato, baked bean and fish fingers
Mash potato, baked beans and veggie fingers
Mash potato, pork chipolatas and gravy
Veggie dhal and chapattis
Lamb Rogan josh with basmati rice
Lamb curry with plain rice
Macaroni cheese
Chicken Karahi and plain rice
Veggie Shepherd's pie
Lamb shepherd's pie
Spinach and potato curry
Fish, chips and peas
Fish bites, chips and baked beans
Mini pizza, chips and beans



Sandwiches

Cheddar cheese
Cheddar cheese and tomato
Roast chicken
Roast chicken and mango chutney with cucumber
Tuna mayo
Tuna mayo and cucumber
Roast beef
Prawn mayo



Buffet- from £5.00 per head

BBQ Chicken wings
Hand cooked crisps
Cheese puff crisps
Pretzels
Mini croissant cheese and tomato pizzas
Sandwich selections
Chips
Chicken nuggets
Cod fish bites
Fish fingers
Potato salad
Green Salad
Chicken satays
Potato wedges
Vanilla cake squares
Carrot cake squares
Vegetable Spring rolls
Chicken spring rolls
Vegetable samosas
Onion bhajis
Vegetable sticks
Mint yogurt dip
Hummus dip
Cream cheese dip
Ketchup dip
Falafel balls
Chicken skewers
Fresh fruit skewers
Fruit salad

