

Winter 2006 Weekly Menu for ABC Child Care Center

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|--|--|--|---|
| Snack | An assortment from cheese, crackers, breadsticks, fruit, and dips | | | | |
| Lunch | Pilchards bolognaise made with five-vegetable sauce | Savoury beef with mixed vegetable and potato | Vegetable risotto | Chicken Carbonara | Sausages served with mashed potato and baked beans |
| Vegetarian Alternative | Vegetable bolognaise made with five-vegetable sauce | Savoury Quorn mince with vegetables and potato | Vegetable risotto | Mushroom Carbonara | Vegetarian sausages served with mashed potato and baked beans |
| Babies' lunch | Carrot and potato puree Stewed apple | Sweet potato and parsnip purree Baby yoghurt | Courgette and broccoli puree Pureed pear | Mushroom and butternut squash puree Peach puree | Leek and potato puree Banana puree |
| Pudding | Stewed apple served with custard | Fruit yoghurt | Pear crumble served with custard | Coco cake served with coco sauce | Rice pudding |
| Tea | Vegetable spring rolls served with fluffy rice | Carrot and swede soup served with home-made rolls | Tuna with leeks in a white sauce served with penne | Mixed pepper and red onion served with couscous | Cauliflower cheese |
| Vegetarian Alternative | Vegetable spring rolls served with fluffy rice | Carrot and swede soupe served with home-made rolls | Leeks in a white sauce served with penne | Mixed pepper and red onion served with couscous | Cauliflower cheese |
| Babies' tea | Pea and courgette puree | Carrot and swede puree | Leek and potato puree | Mixed pepper and parsnip puree | Cauliflower and broccoli puree |
| Pudding | Fruit | Fruit | Fruit | Fruit | Fruit |

Babies will only have one fruit **or** vegetable at one time (i.e., carrot **or** potato) until they are able to have all fruits and vegetables.

Winter 2006 Weekly Menu for ABC Child Care Center

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|---|--|--|--|
| Snack | An assortment from cheese, crackers, breadsticks, fruit, and dips | | | | |
| Lunch | Lamb stew with suet crust topping served with peas | Mixed peppers and mushroom in a chili sauce served with pasta | Salmon, pea and sweet corn crumble served with carrots | Vegetable curry | Roast Chicken with mixed vegetables and roast potatoes |
| Vegetarian Alternative | Quorn stew with a suet crust topping served with peas | Mixed peppers and mushroom in a chili sauce served with pasta | Vegetable crumble served with carrots | Vegetable curry | Quorn with mixed vegetables and roast potatoes |
| Babies' lunch | Peas and carrot puree Banana puree | Sweet potato and mixed peppers puree Apple puree | Sweet corn and potato puree Peach puree | Sweet potato and parsnip puree Pear puree | Butternut and swede puree Baby yoghurt |
| Pudding | Banana and custard | Pineapple upside-down cake | Semolina with fruit jam | Apple crumble served with custard | Fruit yoghurt |
| Tea | Leek and potato soup and home-made bread | Jacket potato with various toppings | Tomato and herb pasta | Homemade tuna pizza Salad sticks | Cabbage and potato layered cake |
| Vegetarian Alternative | Leek and potato soup and home-made bread | Jacket potato with various toppings | Tomato and herb pasta | Homemade pizza Salad sticks | Cabbage and potato layered cake |
| Babies' tea | Leek and potato puree | Cauliflower broccoli puree | Potato and courgette puree | Carrot and French beans puree | Cabbage and potato puree |
| Pudding | Fruit | Fruit | Fruit | Fruit | Fruit |

Babies will only have one fruit **or** vegetable at one time (i.e., carrot **or** potato) until they are able to have all fruits and vegetables.

Winter 2006 Weekly Menu for ABC Child Care Center

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---|---|---|--|---|
| Snack | An assortment from cheese, crackers, breadsticks, fruit, and dips | | | | |
| Lunch | Creamy mixed pepper and mushroom pasta | Chicken and vegetable pie served with sliced French beans | Sheppard's pie served with seasonal vegetable | Sausage (pork) casserole served with savoy rice | Cod mornay with parsley boiled potatoes |
| Vegetarian Alternative | Creamy mixed pepper and mushroom pasta | Vegetable pie served with sliced French beans | Quorn pie served with seasonal vegetable | Vegetarian sausage (seasonal vegetable casserole) served with savoy rice | Vegetable mornay with parsley boiled potatoes |
| Babies' lunch | Mushroom and carrot puree Apple puree | French beans and cauliflower puree Baby yoghurt | Cabbage and carrot puree Banana puree | Sweet potato and parsnip puree Pear puree | Broccoli and swede puree Mango puree |
| Pudding | Apple crumble served with custard | Fruit yoghurt | Peaches with rice pudding | Pear and mango chunks served with custard | Coco cake served with coco sauce |
| Tea | Tuna and five mixed bean surprise with savoury couscous | Tomato and basil soup served with bread soldiers | Various filled pitta served with salad sticks | Pear and mango chunks served with custard | Coco cake served with coco sauce |
| Vegetarian Alternative | Five mixed bean surprise with savoury couscous | Tomato and basil soup served with bread soldiers | Various filled pitta served with salad sticks | Cauliflower and broccoli cheese | Penne with mixed peppers and tomato |
| Babies' tea | Butternut squash and parsnip puree | Potato and courgette puree | Sweet potato and broccoli puree | Cauliflower and broccoli puree | Leek and carrot puree |
| Pudding | Fruit | Fruit | Fruit | Fruit | Fruit |

Babies will only have one fruit **or** vegetable at one time (i.e., carrot **or** potato) until they are able to have all fruits and vegetables.

Winter 2006 Weekly Menu for ABC Child Care Center

| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|--|--|--|--|---|
| Snack | An assortment from cheese, crackers, breadsticks, fruit, and dips | | | | |
| Lunch | Lamb, leeks and broccoli in a white sauce served with pasta penne | Chickpeas with raisins served with fluffy rice | Sausages and bake bean pie served with mixed vegetable | Sardines in tomato sauce topped with mashed potato served with broccoli and carrot | Beef lasagna served with a crisp green salad |
| Vegetarian Alternative | Mushrooms, leeks and broccoli in a white sauce served with pasta penne | Chickpeas with raisins served with fluffy rice | Vegetarian sausage bake bean pie served with mixed vegetable | Lentil in a tomato sauce topped with mashed potato served with broccoli and carrot | Vegetable lasagna served with a crisp green salad |
| Babies' lunch | Sweet potato and broccoli puree Pear puree | Potato and swede puree Peach puree | Butternut squash and parsnip puree Baby yoghurt | Leeks and broccoli puree Apple puree | Potato and carrot puree Banana puree |
| Pudding | Rice and sultana pudding | Plums crumble served with custard | Fruit yoghurt | Carrot cake | Banana and custard |
| Tea | Jacket potato with various toppings | Macaroni cheese | Homemade pizza salad sticks | Mixed vegetable and lentil soup served with toast | Salmon risotto |
| Vegetarian Alternative | Jacket potato with various toppings | Macaroni cheese | Homemade pizza salad sticks | Mixed vegetable and lentil soup served with toast | Vegetable risotto |
| Babies' tea | Potato and carrot puree | Pea and courgette puree | Sweet potato and parsnip puree | Mixed vegetable puree | Mixed peppers and peas puree |
| Pudding | Fruit | Fruit | Fruit | Fruit | Fruit |

Babies will only have one fruit **or** vegetable at one time (i.e., carrot **or** potato) until they are able to have all fruits and vegetables.