

## WINTER MENU / GRIND FOOD

SEPTEMBER – APRIL

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>Menu 1</b>	<b>Menu 2</b>	<b>Menu 3</b>	<b>Menu 4</b>	<b>Menu 5</b>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Pumpkin, leek, carrot and fish purée</li> <li>• Natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Rice, beef, tomato, carrot and leek purée</li> <li>• Natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Rice, fish, broad beans, chard and tomato purée</li> <li>• Natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta, turkey, carrot and leek purée</li> <li>• Natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Potato, fish, peas, carrot and leek purée</li> <li>• Natural yogurt</li> </ul>
<b>Afternoon snack</b>	<ul style="list-style-type: none"> <li>• Grind fruit (orange, pear, banana and apple)</li> </ul>	<ul style="list-style-type: none"> <li>• Grind fruit (orange, pear, banana and apple)</li> </ul>	<ul style="list-style-type: none"> <li>• Grind fruit (orange, pear, banana and apple)</li> </ul>	<ul style="list-style-type: none"> <li>• Grind fruit (orange, pear, banana and apple)</li> </ul>	<ul style="list-style-type: none"> <li>• Grind fruit (orange, pear, banana and apple)</li> </ul>
	<b>Menu 6</b>	<b>Menu 7</b>	<b>Menu 8</b>	<b>Menu 9</b>	<b>Menu 10</b>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Rice, fish, courgette, spinach and celery purée</li> <li>• Natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Pasta, beef, beans, leek and carrot purée</li> <li>• Natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Lentil soup, pepper, onion, rice and fish purée</li> <li>• Natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Courgette, carrot, leek, chicken and potato purée</li> <li>• Natural yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Peas, pasta, fish, green pepper and onion purée</li> <li>• Natural yogurt</li> </ul>
<b>Afternoon snack</b>	<ul style="list-style-type: none"> <li>• Grind fruit (orange, pear, banana and apple)</li> </ul>	<ul style="list-style-type: none"> <li>• Grind fruit (orange, pear, banana and apple)</li> </ul>	<ul style="list-style-type: none"> <li>• Grind fruit (orange, pear, banana and apple)</li> </ul>	<ul style="list-style-type: none"> <li>• Grind fruit (orange, pear, banana and apple)</li> </ul>	<ul style="list-style-type: none"> <li>• Grind fruit (orange, pear, banana and apple)</li> </ul>