



Rotating Fortnightly Menu – Autumn Term		
Day	Week 1	Week 2
M	<p>Veggie Paella with Broccoli & Cauliflower peppers, peas, green beans, paprika, olive oil, garlic, cherry tomatoes, brown rice, coconut milk, coriander</p> <p>Sponge Cake & Custard self-raising flour, quinoa flour, baking powder, coconut oil, maple syrup, chia seeds, grated lemon, soya custard</p>	<p>Kiddie Chicken Curry (not Spicy!), Brown Rice & Green Beans chicken breast, garlic, onion, paprika, cumin, turmeric, mild curry powder, coconut milk, coconut oil, brown rice</p> <p>Jelly & Fruit Salad multicolour jelly, apple, mango, honeydew melon</p>
Tu	<p>Fish Balls & Crispy Potato Cubes with Dips & Veggie Sticks white fish, flax seeds, gluten free oats, olive oil, onion, salt, pepper, maple syrup</p> <p>Cacao Chip Cookies avocado butter, olive/coconut oil, cacao powder, gluten free oats, maple syrup, buckwheat flour, chia seeds, vanilla essence</p>	<p>Shepherd's Pie with Peas & Carrots beef, garlic, onion, paprika, carrots, courgette, potatoes, pepper, olive/coconut oil, coconut milk</p> <p>'Chocolate' Mousse dates, coconut milk, cacao powder</p>
W	<p>Spaghetti Bolognese with Carrots & Peas beef, passata, garlic, onion, olive oil, coconut milk, paprika, salt, pepper, brown rice & maize spaghetti</p> <p>Jelly & Fruit Salad multicolour jelly, apple, mango, honeydew melon</p>	<p>Pasta Arrabiata with Green Beans & Sweetcorn brown rice pasta, tomato, oregano, garlic, olive oil, pepper, salt</p> <p>Sponge Cake & Custard self-raising flour, quinoa flour, baking powder, coconut oil, maple syrup, chia seeds, grated lemon, soya custard</p>
Th	<p>Chicken Meatballs with Brown Rice, Broccoli & Cauliflower chicken, chia seeds, paprika, quinoa flour, pepper, garlic, turmeric, cumin, onion, tomato, olive oil, coconut oil, brown rice</p> <p>'Chocolate' Mousse dates, coconut milk, cacao powder</p>	<p>Baked Salmon & Chips with Veggie Sticks salmon fillets, potatoes, sweet potatoes, coconut oil, olive oil, turmeric, paprika, pepper, salt</p> <p>Pureed Fruit Pots seasonal varied fruits</p>

Fresh Cooked Baby & Toddler Food for Nurseries & Private Homes
 No Preservatives – Just Good Honest Food from Local Sources
FREE FROM: Gluten, Egg, GM, Wheat, Nuts, Dairy



Under the supervision of
 Rabbi E. Shneebalg
 Edgware, UK