



Menus for Babies and Children

Child's name:

Please put a tick next to the meals you wish to choose. Vegetarian options available.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Spaghetti bolognaise with spaghetti</i>	<i>Jacket potatoes with baked beans/cheese/tuna and salad</i>	<i>Chicken korma with basmati rice and naan bread</i>	<i>Vegetable lasagne with salad</i>	<i>Fish pie with peas and carrots</i>
<i>Rice pudding with sultanas</i> <input style="width: 50px; height: 20px; margin-left: 100px;" type="checkbox"/>	<i>Lemon sorbet with wafers</i> <input style="width: 50px; height: 20px; margin-left: 100px;" type="checkbox"/>	<i>Fresh fruit salad</i> <input style="width: 50px; height: 20px; margin-left: 100px;" type="checkbox"/>	<i>Stewed apples and custard</i> <input style="width: 50px; height: 20px; margin-left: 100px;" type="checkbox"/>	<i>Fresh fruit jelly</i> <input style="width: 50px; height: 20px; margin-left: 100px;" type="checkbox"/>
Monday	Tuesday	Wednesday	Thursday	Friday
<i>Chicken casserole</i>	<i>Chick pea fritters Sweet potato Sweetcorn green beans</i>	<i>Ham and cheese quiche with baked beans and mashed potato</i>	<i>Tuna, sweetcorn and pasta with cucumber and red pepper</i>	<i>Cottage pie with peas and broccoli</i>
<i>Fresh fruit salad</i> <input style="width: 50px; height: 20px; margin-left: 100px;" type="checkbox"/>	<i>Milk jelly with mandarin oranges</i> <input style="width: 50px; height: 20px; margin-left: 100px;" type="checkbox"/>	<i>Stewed fruit and Greek yoghurt</i> <input style="width: 50px; height: 20px; margin-left: 100px;" type="checkbox"/>	<i>Fromage frais and satsuma</i> <input style="width: 50px; height: 20px; margin-left: 100px;" type="checkbox"/>	<i>Rhubarb crumble with custard</i> <input style="width: 50px; height: 20px; margin-left: 100px;" type="checkbox"/>

Payment must be made when ordering. Orders must be placed at the latest the Thursday before the week booked



Brighter Futures

Spaghetti Bolognese

Olive oil for frying

2 onions

500g mince beef

2 tins of chopped tomatoes

1 teaspoon of tomato puree

Teaspoon of oregano

2 bay leaves

Spaghetti strands

4 grams of cheese

1. Chop the onions, heat in the oil until soft
2. Add the mince and brown
3. Add the tomatoes, tomato puree, oregano and bay leaves
4. Cook for 40 minutes, stirring regularly.
5. Heat a pan of water, drop spaghetti strands in and cook until *al dente* (soft when broken)
6. Serve with grated cheese



Brighter Futures

Chickpea fritters with vegetables

Olive oil for frying

400g can of chickpeas (or dried chickpeas soaked overnight)

1 small carrot (peeled and grated)

1 baby fennel (washed, ends trimmed and grated)

Parsley (chopped)

1 tbs plain flour

1 egg (lightly whisked)

Selection of Vegetables – sweet corn, sweet potato, green beans

1. Cook the sweet potatoes in a little oil, sweated/steamed with a lid on until soft
2. Cook the beans (chopped) and chickpeas in boiling water
3. Place the chickpeas in a large bowl and use a potato masher or fork to coarsely mash. Add the carrot, fennel, parsley, flour and egg, and stir until well combined.
4. Heat the oil in a frying pan over medium-high heat. Spoon eight 60ml (1/4 cup) portions of batter around the edge of the pan and flatten slightly. Cook for 3-4 minutes each side or until golden brown and cooked through.
5. Divide fritters among serving plates and garnish with the extra parsley. Add the cooked vegetables.



Brighter Futures

Vegetable Lasagne

Olive oil for frying

2 large onions

4 sticks of celery

1 aubergine

Handful of green beans

2 courgettes

2 x 400g tines of chopped tomatoes

Oregano

2 bay leaves

lasagne sheets

2 jars of white (béchamel) sauce

8 grams of mild cheese (grated)

1. Pour some oil in a pan, chop the onions and cook until soft
2. Chop the celery and add to the onions, cooking until soft
3. Chop the courgettes and aubergine and beans and add to the pan
4. Cook gently for 12 minutes then add the oregano and bay leaves
5. Add the chopped tomatoes, bring to the boil and cook for 20 minutes, stirring frequently. Then remove the bay leaves!
6. In an ovenproof dish, layer the vegetable mixture, followed by the béchamel sauce, followed by the lasagne sheets. On the last layer top with grated cheese.
7. Place in the oven at 180 C for 40 minutes.



Fish pie

Olive oil for frying

1 large onions

2 sticks of celery

4 fillets of white fish

4 large carrots

Frozen peas

2 tables spoon of plain flour

20 gms butter

Parsley

500gms white potatoes

400mls milk

2 slices of bread, crust removed

1. Heat the chopped onions in the oil and cook until soft
2. Add the chopped celery and fry lightly until soft
3. Wash the fish and add to the pan. Gently cook the fish, turning regularly while also dealing with the potatoes....
4. Peel and cut the potatoes and place in a pan of boiling water. Cover and simmer for 15 - 20 minutes until soft
5. Turn the oven on at 180 C
6. In another pan of boiling water add the chopped carrots and cover and simmer for 15 - 20 minutes. Half way through add the frozen peas.
7. Place the butter in a pan and heat until melted.
8. Add the flour and stir constantly for 1 minute (until the rue turns brown)

9. Add small amounts of 350mls of milk, siring constantly. Keep going until all but 50mls of the 400mls of milk is used up
10. Add the parsley to the butter and flour mixture. Keep stirring until the sauce thickens
11. Once the potatoes are cooked, mash them with the remaining milk and butter
12. Wizz the bread in a blender to make fine breadcrumbs.
13. In an oven proof casserole, in layers, add the fish, the parsley sauce, the carrots and peas and the mashed potatoes. Sprinkle the breadcrumbs on top
14. Place in the over at 180 C for 40 minutes