



KIDDIES KOTTAGE
Week 1



Monday

Tuesday



Wednesday

Thursday

Friday



Breakfast

Selection of Cereals
Wholemeal Toast

Oatmeal Porridge
with Mashed Banana

Selection of Cereals
Wholemeal Toast

Oatmeal Porridge
with Pear

Selection of Cereals
Wholemeal Toast

AM Snack

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits



Lunch

Hidden Veg Tomato Pasta
Pasta in a smooth tomato
sauce packed with blended
vegetables

Jollof Rice with Chicken
Flavourful rice cooked in a rich
tomato sauce, served with
tender, seasoned chicken

Shepherd's Pie
Seasoned minced lamb in a rich
gravy, topped with creamy
mashed potatoes

**Chicken Sausage with Roast
Potatoes & Vegetables**
Succulent chicken sausages
served with golden roast
potatoes and fresh vegetables

**Salmon Fishcakes with Potato
Wedges and Veg**
Crispy golden salmon fishcakes
served with potato wedges,
sweetcorn and tender green
beans



Dessert

Butternut Squash Angel Deilght

Peach Oat Bar

Homemade Raspberry Jelly and
Watermelon Slices

Homemade Banana Cake

Fruit Salad Pots



PM Snack

Cucumber Sticks with Hummus

Crackers with Cheese

Rice Cakes and Cream Cheese

Breadsticks and a glass of milk

Cucumber and Breadsticks



Tea

Roasted Sweet Potato, Carrot
and Courgette Soup with
Wholemeal Pitta Bread

Potato Croquette and Baked
Beans

Wholemeal Tuna Sandwiches
with Cucumber Sticks

Tortilla Pizza

Hot Dog with Sweet Pepper and
Carrot Sticks



WE CAREFULLY CATER TO EACH CHILD'S DIETARY REQUIREMENTS. TO MINIMISE RISK, ANY ALLERGENIC INGREDIENTS POSING A DANGER TO A CHILD ARE REPLACED IN ALL OUR RECIPES, FOLLOWING THE FOOD STANDARDS AGENCY ALLERGEN GUIDELINES. ALL MEAT SERVED IS HALAL. THERE WILL BE NO ADDED SUGAR OR PRESERVATIVES





KIDDIES KOTTAGE
Week 2



Monday

Tuesday

Wednesday



Thursday

Friday



Breakfast

Selection of Cereals
Wholemeal Toast

Oatmeal Porridge
with Mashed Banana

Selection of Cereals
Wholemeal Toast

Oatmeal Porridge
with Pear

Selection of Cereals
Wholemeal Toast

AM Snack

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits



Lunch

Vegetable Pasta Bake
Pasta baked in a rich tomato
sauce with mixed vegetables
and melted cheese

**Savoury Minced Beef with Baby
Boiled Potatoes & Vegetables**
Seasoned minced beef in a rich,
savoury gravy, served with
baby boiled potatoes and fresh
vegetables

**Jamaican Fish Curry with Rice &
Vegetables**
Tender fish in a mild,
Caribbean-style curry sauce,
served with fluffy rice and a
selection of fresh vegetables

Vegetable Stir-Fried Noodles
Soft noodles stir-fried with a
colourful mix of fresh
vegetables in a light, savoury
sauce

**Chicken Nuggets with Oven
Chips & Baked Beans**
Crispy chicken nuggets served
with golden oven chips and a
side of baked beans



PM Snack

Strawberry Angel Delight

Mini Carrot Cake Bites (no icing,
made with carrots, oats and
banana)

Fruit Cocktail

Natural Yoghurt with Mashed
Strawberries

Fruit Kebabs



Tea

Wholemeal Cheese and
Cucumber Sandwiches

Vegetable Couscous

Lentil and Carrot Soup with
Wholemeal Pitta Strips

Wholemeal Pitta Pizza (with
cheese and veg)

Wholemeal Tuna Sandwiches



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KIDDIES KOTTAGE
Week 3



Monday

Tuesday

Wednesday



Thursday

Friday



Breakfast

Selection of Cereals
Wholemeal Toast

Oatmeal Porridge
with Mashed Banana

Selection of Cereals
Wholemeal Toast

Oatmeal Porridge
with Pear

Selection of Cereals
Wholemeal Toast

AM Snack

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits



Lunch

**Tomato & Lentil Sauce with
Rice, Peas & Carrots**
A mild tomato and lentil sauce
made with coconut, served with
fluffy rice, peas, and carrots

**Roast Potatoes with Chicken
Sausage & Carrots**
Golden roast potatoes served
with succulent chicken
sausages and tender carrots

**Turkey Meatballs with Pasta &
Tomato Sauce**
Juicy turkey meatballs served
with pasta and a rich tomato
sauce

**Cheesy Salmon Pasta with
Broccoli**
Pasta in a creamy cheese sauce
with tender salmon and
broccoli

**Chicken Nuggets with Oven
Chips & Peas**
Crispy chicken nuggets served
with golden oven chips and a
side of peas

Dessert

Chocolate Angel Delight

Homemade Peach Crumble with
Custard

Homemade Biscuit made with
Dates Syrup (no sugar)

Peach Flapjack

Fruit Yoghurt



PM Snack

Rice Cakes with Cream Cheese

Banana Oat Cookies

Oat Cakes and Cucumber

Rice Cakes with Hummus

Breadsticks and Cheese Cubes

Tea

Pumpkin and Tomato Soup with
Wholemeal Bread

Cheese and Tomato
Sandwiches

Couscous with Vegetable Sauce

Tuna Pasta Salad

Mini Veggie Wraps



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KIDDIES KOTTAGE
Week 4



Monday

Tuesday



Wednesday

Thursday

Friday



Breakfast

Selection of Cereals
Wholemeal Toast

Oatmeal Porridge
with Mashed Banana

Selection of Cereals
Wholemeal Toast

Oatmeal Porridge
with Pear

Selection of Cereals
Wholemeal Toast

AM Snack

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits

Selection of fresh fruits



Lunch

Chicken & Vegetable Fried Rice
Fluffy rice stir-fried with tender
chicken and crisp vegetables

**Spaghetti Bolognese with
Hidden Veg & Beef**
Rich beef Bolognese with
hidden vegetables, served over
tender spaghetti

**White Fish with Boiled
Potatoes, White Sauce & Veg**
Tender white fish served with
soft boiled potatoes, a creamy
white sauce, and a selection of
fresh vegetables

**Lentil & Vegetable Curry with
Rice**
A mild, gently spiced curry
made with lentils and mixed
vegetables, served with fluffy
rice

**Salmon Fish Fingers with Chips
& Baked Beans**
Oven-baked salmon fish fingers
served with golden chips and a
side of baked beans



Dessert

Banana Angel Delight

Carrot and Pineapple Cake

Peach and Banana Flapjack

Homemade Strawberry Jelly

Yoghurt & Berry Parfait



PM Snack

Carrot Sticks with Hummus

Banana Oat Bites

Cucumber and Breadsticks

Oat Raisin Cookies

Carrot Sticks with Hummus



Tea

Cream Cheese and Cucumber
Bagel

Butternut Squash Soup with
Bread Soldiers

Homemade Chicken Goujons
with Veg Sticks

Hot Dog

Homemade Falafels with Pitta
Bread and Coleslaw



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