

 <b>KIDDIES KOTTAGE</b> Week 1	 <b>Monday</b>	<b>Tuesday</b>	 <b>Wednesday</b>	<b>Thursday</b>	 <b>Friday</b>
<b>Breakfast</b>	Selection of Cereals Wholemeal Toast	Oatmeal Porridge with Mashed Banana	Selection of Cereals Wholemeal Toast	Oatmeal Porridge with Pear	Selection of Cereals Wholemeal Toast
<b>AM Snack</b>	Selection of fresh fruits	Selection of fresh fruits	Selection of fresh fruits	Selection of fresh fruits	Selection of fresh fruits
 <b>Lunch</b>	<b>Hidden Veg Tomato Pasta</b> Pasta in a smooth tomato sauce packed with blended vegetables	<b>Jollof Rice with Chicken</b> Flavourful rice cooked in a rich tomato sauce, served with tender, seasoned chicken	<b>Shepherd's Pie</b> Seasoned minced lamb in a rich gravy, topped with creamy mashed potatoes	<b>Chicken Sausage with Roast            Potatoes &amp; Vegetables</b> Succulent chicken sausages served with golden roast potatoes and fresh vegetables	 <b>Salmon Fishcakes with Potato            Wedges and Veg</b> Crispy golden salmon fishcakes served with potato wedges, sweetcorn and tender green beans
 <b>Dessert</b>	Butternut Squash Angel Deilght	Peach Oat Bar	Homemade Raspberry Jelly and Watermelon Slices	Homemade Banana Cake	Fruit Salad Pots
<b>PM Snack</b>	Cucumber Sticks with Hummus	Crackers with Cheese	Rice Cakes and Cream Cheese	Breadsticks and a glass of milk	 Cucumber and Breadsticks
 <b>Tea</b>	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

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**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



Carrot Sticks with Hummus

Rice Cakes with a glass of milk

Cheese Cubes and Breadsticks

Meat Pie

Cucumber and Hummus

**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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