

Peapods ELC Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with toast (weetabix, cornflakes, rice krispies, shreddies)	Selection of cereals with toast (weetabix, cornflakes, rice krispies, shreddies)	Selection of cereals with toast (weetabix, cornflakes, rice krispies, shreddies)	Selection of cereals with toast (weetabix, cornflakes, rice krispies, shreddies)	Selection of cereals with toast (weetabix, cornflakes, rice krispies, shreddies)
Babies	Selection of porridge, weetabix and toast	Selection of porridge, weetabix and toast	Selection of porridge, weetabix and toast	Selection of porridge, weetabix and toast	Selection of porridge, weetabix and toast
AM Snack	Soft cheese and bread sticks with milk/water	Cucumber sticks/soft cheese crackers with milk/water	Apples/oranges with milk/water	Bananas/oranges with milk/water	Bagels and soft cheese with milk/water
Babies		Soft cheese crackers	Soft apples/peeled oranges	Bananas/peeled oranges	Soft bagels and soft cheese
Lunch	Stir fried vegetable noodles	Lasagne (mixed vegetables + cheese) with cucumber	Vegetable biryani with lettuce and cucumbers	Vegetable enchiladas Sweetcorn and cucumber sticks	Vegetable pasta with boiled baby carrots
	Rice pudding	Melon	Custard and banana	Homemade semolina	Apple slices
PM Snack	Selection of fruit with milk/water	Crumpets with butter with milk/water	Pears with milk/water	Rice cakes with milk/water	Cheese and crackers with milk/water
Babies	Selection of soft fruit				
Tea	Baked beans, sweet potato and mixed vegetables Yogurt	Lentils soup with bread Selection of fruit	Home bread pizza with vegetables and garlic bread Apples slices	Vegetable risotto with mixed salad Pear slices	Jacket potatoes, beans and cheese with lettuce and tomatoes Fruit yogurt
Babies	No added sugar/salt baked beans				

- Varied and balanced diet from a nutritious aspect
- Protein based menu
- No salt/sugar added,
- All allergies taken in to account. Meals or pudding that contain dairy products, oat milk provided for allergy purposes

Peapods ELC Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with toast (weetabix, cornflakes, rice krispies, shreddies)	Selection of cereals with toast (weetabix, cornflakes, rice krispies, shreddies)	Selection of cereals with toast (weetabix, cornflakes, rice krispies, shreddies)	Selection of cereals with toast (weetabix, cornflakes, rice krispies, shreddies)	Selection of cereals with toast (weetabix, cornflakes, rice krispies, shreddies)
Babies	Selection of porridge, weetabix and toast	Selection of porridge, weetabix and toast	Selection of porridge, weetabix and toast	Selection of porridge, weetabix and toast	Selection of porridge, weetabix and toast
AM Snack	Rice cakes and cucumber slices with milk/water	Toasted crumpets with milk/water	Cucumber sticks with milk/water	Bagels and cream cheese with milk/water	Apple slices with milk/water
Babies			Bananas		Soft apples
Lunch	Shepherd's pie with mixed vegetables Salad Homemade rice pudding	Quorn mince with spaghetti Sweetcorn and peas on the side Custard with banana	Pasta bake red bolognese sauce and cheese Homemade semolina with honey	Potato, chickpeas, and peas curry with naan bread with steamed broccoli Selection of fruit	Rice and lentils with salad Selection of fruit
Babies				Blended chickpeas and peas	
PM Snack	Crackers and cheese cubes with milk/water	Selection of fruit with milk/water	Breadsticks with cream cheese with milk/water	Apples/oranges with milk/water	Crackers and cheese cubes with milk/water
Babies				Soft apples/peeled oranges	
Tea	Cheese and tomato muffins with broccoli on the side Fruit selection	Rolls with cheese and cucumber served with spaghetti hoops Fruit yoghurt	Mix Mexican bean wraps with red sauce cheese and sweetcorn Fruit selection	Tomato soup with bread Pears	Macaroni cheese with broccoli Selection of fruit
Babies	Soft cheese and tomato muffins		Mexican bean paste with wraps		

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