

Fresh!  
not frozen  
or hot!



The Professional Nursery Kitchen Provides our meals

Breakfast - Snacks - Lunch - Dessert - Tea



*"Prepared by us, cooked by you"*

[www.TheProfessionalNurseryKitchen.co.uk](http://www.TheProfessionalNurseryKitchen.co.uk)



Seasonal sample menu

# Winter Menu - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 1	Apricot Yoghurt	Sultana and Raisin Slice	Strawberry Yoghurt	Mixed Fruit Flapjack	Peach Yoghurt
Breakfast 2	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal
Snack 1	Cucumber Sticks	Corn Cakes	Naan Bread	Rice Cakes	Cheese Sticks
Snack 2	Wholemeal Pitta Bread	Mango Yoghurt	Pear	Watermelon Slices	Apple
Snack 3	Banana	Carrot Sticks	Pineapple Slices	Orange Segments	Melon Slices
Lunch 1	Shepherd's Pie	Roast Turkey with Roast Potatoes	Creamy Pasta with Chicken and Butternut squash	Beef Casserole with Dumplings	Fish Fingers
Lunch 2	Vegetable Couscous	Vegetable Roast	Broccoli and Sweet Potato Bake	Vegetable Casserole with Dumplings	Jamaican Chicken
Simple Lunch/ Tea	Lentil Bake	Patatas Bravas	Bean Cassoulet	Vegetarian Bean Pot	Jamaican Vegetable
Simple Lunch/ Tea	Butternut Squash and Butter Bean Stew	Homemade Baked Beans with Jacket Potatoes	Vegetable Chilli	Mild Lentil Tikka	Cauliflower and Coconut Curry
Side Dish	Sweetcorn	Peas	Carrots	Broccoli	Peas / Mash Potatoes
Dessert 1	Apple and Sultana Traybake	Lemon Sponge	Orange and Cinnamon Sponge	Blackcurrant Yoghurt	Spiced Sponge
Dessert 2	Pineapple Slices	Watermelon Slices	Braised Apples	Fruit Salad	Banana
Afternoon Tea	Chicken and Pea Pasta	Jacket Potatoes	Mild Thai Turkey Curry	Mascarpone Pasta	Paprika Macaroni Beef



## Winter Menu - Week 2

### Seasonal sample menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 1	Sultana and Raisin Slice	Strawberry Yoghurt	Mixed Fruit Flapjack	Mango Yoghurt	Sultana and Raisin Slice
Breakfast 2	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal
Snack 1	Apricot Yoghurt	Corn Cakes	Grissini Sticks	Wholemeal Pitta Bread	Rice Cakes
Snack 2	Cheese Sticks	Pear	Blackcurrant Yoghurt	Melon Slices	Orange Segments
Snack 3	Apple	Pineapple Slices	Cucumber Sticks	Banana	Carrot Sticks
Lunch 1	Cottage Pie	Tikka Turkey	Mediterranean Fish	Chicken Goujons	Lamb Hot Pot with Dumplings
Lunch 2	Vegetarian Cottage Pie	Mild Lentil Tikka	Pineapple Chicken	Smokey BBQ Beef	Vegetable Hot Pot with Dumplings
Simple Lunch/ Tea	Cauliflower and Coconut Curry	Bean Cassoulet	Pineapple Quinoa	Madras Potato Curry	Mexican Bean Chilli
Simple Lunch/ Tea	Vegetable Chilli	Ratatouille with Gluten Free Pasta	Patatas Bravas	Lentil Dahl with Vegetables	Homemade Bakes beans with Jacket Potatoes
Side Dish	Peas	Rice / Tortilla	Sweetcorn	Broccoli	Carrots
Dessert	Lemon Sponge	Spiced Sponge	Apple and Sultana Traybake	Orange and Cinnamon Sponge	Peach Yoghurt
Simple Dessert	Melon Slice	Fruit Salad	Banana	Watermelon Slice	Poached Pears
Afternoon Tea	Mini Jackets with Sweet Chicken	Whole Grain Tomato Pasta	Beef Chilli	Herby Tomato Turkey with Potatoes	Jacket Potatoes

Seasonal sample menu

Winter Menu - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 1	Peach Yoghurt	Mixed Fruit Flapjack	Blackcurrant Yoghurt	Sultana and Raisin Slice	Strawberry Yoghurt
Breakfast 2	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal
Snack 1	Garlic and Coriander Naan	Cheese Sticks	Rice Cakes	Watermelon Slice	Corn Cakes
Snack 2	Melon Slice	Wholemeal Pitta Bread	Banana	Apricot Yoghurt	Melon Slice
Snack 3	Pear	Pineapple Slices	Carrot Sticks	Apple	Cucumber Sticks
Lunch 1	Roast Chicken with Roast Potatoes	Traditional Fish Pie	Cheese and Tomato Pizza with Fresh Peppers	Pasta Bolognese	Turkey and Cannellini bean Tagine
Lunch 2	Vegetable Roast	Brazilian Chicken	Irish Stew with Dumplings	Quorn Bolognese	Butternut Squash and Chickpea Tagine
Simple Lunch/ Tea	Bean Hash	Lentil Bake	Cajun vegetables	Quinoa Potato Stew	Lentil Dahl with Vegetables
Simple Lunch/ Tea	Butternut Squash Curry	Mexican Casserole	Cauliflower and Chickpea Balti	Potato Bake	Cauliflower and Coconut Curry
Side Dish	Carrots	Peas	Sweetcorn	Broccoli	Rice / Tortilla
Dessert 1	Orange and Cinnamon Sponge	Mango Yoghurt	Spiced Sponge	Apple and Sultana Traybake	Lemon Sponge
Dessert 2	Fruit Salad	Orange Segments	Poached Peaches	Pineapple Slices	Banana
Afternoon Tea	Scandinavian Beef Hash	Lemon Chicken with Orzo	Cheesy Peasy Pasta	Chilli Chicken with Crushed Potatoes	Lamb and Chickpea Stew

## Baby Led Weaning

Baby Led Weaning is letting your child feed themselves from the very start of weaning. According to recent research, most babies reach for food at around six months, which is also the time that mothers are being encouraged to wean. The distinct advantage of weaning at around six months is that by then, children are developmentally capable of feeding themselves.

### How to get Baby Led Weaning Started

The easiest finger foods for young babes are those that are chip-shaped, or have a natural handle, such as broccoli spears. When your baby first tries solids they won't have developed a pincer grip and can only clasp foods in their fists. At first your baby may just play with the food. Continue giving your baby milk feeds between mealtimes and as your baby gradually eats more solids, the number of milk feeds will start to decrease.

### Benefits of Baby Led Weaning

Baby Led Weaning gives babies the chance to explore food themselves and encourages them to try different food textures at the beginning of weaning. As long as your baby is ready, it is important to give them foods in soft lumps for them to chew.

It is understandable to worry about your baby choking when they are trying to eat whole foods. As babies can handle and control the amount they eat, the risk of choking is minimal. Remember, babies should never be left alone whilst eating. Try and avoid hard foods, such as chunks of raw apple, until they are older.

### Baby Led Weaning Food Ideas

Banana is a great fruit to begin baby led weaning and is best served in large chunks for the baby to hold and gnaw. Avocados are full of important nutrients, and are another good food to try served in larger chunks. A great vegetable to try with your baby is roasted red bell peppers, which are a good source of vitamin C. Broccoli is also highly recommended as a food for baby led weaning as the florets are a great source of vitamins, minerals and fibre, and are easy for babies to hold.



Baby Led Weaning



Basic Cooking Skills for pre-school children

## Basic Cooking Skills for pre-school children

Being able to cook is a great skill to have. And whilst it can sometimes feel like a chore to adults, it's an exciting and fun activity for children. So, put on an apron, take a look at our list of basic cooking skills and have some fun!

### The basics

1. Buttering a slice of bread.
2. Cracking eggs by tapping the centre of the egg over the rim of a small bowl, and then using thumbs to pull the two halves apart.
3. Decorating fairy cakes or biscuits – spreading on the icing or butter icing and then adding the sprinkles, toppings.
4. Kneading and rolling out dough using a rolling pin.
5. Cutting shapes out using cookie cutters.
6. Using a sieve – by holding the sieve over a larger bowl and gently shaking.
7. Cutting soft fruit or vegetables, such as a banana, with a non-sharp knife.
8. Grating cheese – especially good if you've got a rotary grater.
9. Crushing biscuits for bases in a plastic bag with a rolling-pin.
10. Rubbing in butter and flour for crumble.
11. Crushing garlic in a garlic press.
12. Greasing cake tins.
13. Mashing fresh fruit with the back of a fork.
14. Mashing potato with a potato masher.
15. Peeling vegetables with a vegetable peeler.