

Organic Café

Winchmore Spring Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Toast with various toppings ●●●	Selection of Cereals Crumpets and butter ●●●	Selection of Cereals Yogurts Malt Loaf and butter ●●●	Selection of Cereals Tea bread with butter ●●●	Selection of Cereal Toast with various toppings ●●●
Morning snack	Fresh seasonal fruit milk/water ●●●	Fresh seasonal fruit milk/water ●●●	Fresh seasonal fruit milk/water ●●●	Fresh seasonal fruit milk/water ●●●	Fresh seasonal fruit milk/water ●●●
Lunch	Cod gratin with pasta and seasonal vegetables ●●●●	Roast chicken, roast sweet potatoes and seasonal vegetables ●●●●	Baked salmon poached in lemon and herb sauce with couscous and green beans ●●●●	Spinach and cheese pie with filo pastry with boiled potato and seasonal vegetables ●●●●	Beef meat balls in tomato sauce with seasonal vegetables ●●●●
Vegetarian	Vegetable pasta bake ●●●	Vegetarian Sausage & roast sweet potato and seasonal vegetables ●●●●	Baked vegie slices in tomato sauce with couscous ●●●●	Spinach and cheese pie with filo pastry with boiled potato and seasonal vegetables ●●●●	Vegetarian pasta bolognese ●●●●
Weaning Babies lunch	Sweet potato & Green Bean ●	Courgette, carrot & pepper ●	Broccoli, Swede & potato ●●	Carrot, celery & courgette ●	Parsnips & carrot ●
Dessert	Fruit platter with yoghurt ●●	Banana bread ●●●●	Fresh fruit with sugar free sorbet ●●	Seasonal fruit crumble & yoghurt ●●●	Chocolate and orange muffins ●●
Tea	Sweet potato and spinach, Gnocchi with cheese and tomato sauce ●●●	Chick pea and sweetcorn patties with tomato sauce ●●●	Lamb moussaka with salad ●●●●	Tuna fish cakes with vegetables ●●●●	Macaroni cheese ●●●
Vegetarian	Sweet potato and spinach, Gnocchi with cheese and tomato sauce ●●●	Chick pea and sweetcorn patties with tomato sauce ●●●	Vegetable moussaka with salad ●●●●	Tomato and Cheese tarts ●●●●	Macaroni cheese ●●●
Weaning Babies tea	Carrot & swede ●●	Avocado & banana ●●	Butternut squash & green beans ●	Carrot & peaches ●	Potato, cauliflower & green beans ●
Dessert	Bread and butter pudding ●●●	Fruit yoghurt ●	Date and coconut oat biscuits ●●●	Fresh fruit ●	Fruit yoghurt ●●

- Protein
- Fruits and vegetables
- Carbohydrates
- Dairy

All our meals are planned by a nutritionist and freshly cooked on our premises. They are designed to be healthy and nutritionally well balanced. We do not add sugar or salt to any of our meals. We aim to broaden your child's palate, by introducing food from a range of cultures, develop social skills and good manners at meal times. We teach children how to set and clear a table and serve themselves. In addition, we teach children about healthy eating.