

## **EXAMPLE MENU WEEK 4**

**MONDAY:**            **Butter Chicken**

**Vegetables:** Rice (potato, pumpkin & peas for babies)

**a.m. tea:** Muffins

**p.m. tea:** Fruit platter & Damper

**TUESDAY:**            **Cheesy Layered Vegetable Bake**

**Vegetables:** Potato, pumpkin and carrot

**a.m. tea:** Toast

**p.m. tea:** Pear pie and yoghurt

**WEDNESDAY:**        **Moroccan Lamb**

Brown rice (vegetables for babies)

**a.m. tea:** Fruit loaf

**p.m. tea:** Two fruits and custard

**THURSDAY:**         **Lamb Casserole**

**Vegetables:** Potato, pumpkin and mixed vegetables

**a.m. tea:** Muffins

**p.m. tea:** Sweet chilli dip with rice cakes

**FRIDAY:**            **Chilli con Carne**

**Vegetables:** Rice, potato, pumpkin and carrots

**a.m. tea:** Fruit loaf

**p.m. tea:** Lemon weetbix slice