Early Years Catering

Early Years Catering runs a four week cycle offering a different range of meals each week, so that your child has the varied diet required to help them develop their tastes and make healthy choices in the future. All Early Years Catering meat is locally sourced and is Farm Assured. All Eggs used are free range. Ice cream comes from Marshfield & Yoghurt comes from Yeo Valle. Early Years Catering use seasonal vegetables where possible.

Enquiries

Email: info@firststepsbath.org.uk Website: <u>www.firststepsbath.org.uk</u>

First Steps Moorlands Community & Early Years Centre, Moorfields Road, Bath. BA2 2DQ 01225 317123

First Steps Twerton Community & Early Years Centre, Woodhouse Road, Bath. BA2 1SY 01225 317123

First Steps Bath Opportunity Pre School, Broadlands Academy Site, St Francis Road Keynsham, BS31 2DY 01225 830972

Registered charity No 1012690



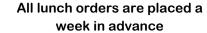
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Spring & Summer Menu 2024



First Steps Free Meal Offer

You may be entitled to a free meal for your child if your family income is low. We raise funds each year to ensure that all children attending our Community Nurseries receive a nutritious hot meal each day. This helps them to learn and grow and fosters healthy eating habits from an early age. Do talk to the manager of your service for further information.



Vegetarian & Special Dietary Needs options will be offered to your child if we have been informed of their needs.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil Ragu with Organic Pasta & Cheese	Sweet Potato & Courgette Dahl	Minted Lamb & Potato Casserole with a Wholemeal Roll	Mediterranean Tuna with Couscous	Veggie Meatballs in Gravy with New Potatoes & Carrots
Flapjack	Organic Mango & Vanilla Yoghur	Beetroot & Chocolate Sponge Cake	Fruit Salad	Strawberries Organic Yoghurt

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lamb Dhansak with Wholemeal Rice & Naan	Roasted Pepper & Lentil Sauce with Couscous	Roast Turkey in Gravy with New Potatoes & Mixed Vegetables	Vegan Bolognese with Organic Pasta & cheese	Macaroni Cheese with Peas & Sweetcorn
Organic Raspberry Yoghurt	Flapjack	Fruit Salad	Organic Mango & Vanilla Yoghurts	Summer Berry Sponge

Week 3

Sweet Potato & Pea Korma Roast Beef in Gravy with Spring Vegetable Casserole Veggie Meatballs Marinara with	RIDAY
with Rice New Potatoes & Sweetcorn with Couscous Wholemeal Pasta	s Pie with Carrots aspberry Yoghurts

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Chicken with Rice	Fish Tacos with Wholemeal Rice	Quorn, Edamame Beans & Pesto Sauce with Pasta	Veggie Sausages in Gravy with New Potatoes, Peas & Sweetcorn	Organic Beef Chilli with Baked Potato & Cheese
Organic Mango & Vanilla Yoghurts	Flapjack	Organic Strawberry Yoghurt	Raspberry Sponge	Fruit Salad