

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

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Registered charity No 1012690



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.



All lunch orders are placed a week in advance

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



First Steps Bath

Week 1

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

Week 2

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

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Potato & Pea Korma with Rice Flapjack	Roast Beef in Gravy with New Potatoes & Sweetcorn Organic Strawberry Yoghurts	Spring Vegetable Casserole with Couscous Ginger Sponge	Veggie Meatballs Marinara with Wholemeal Pasta Fruit Salad	Shephard's Pie with Carrots Organic Raspberry Yoghurts

Week 4

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