

SUMMER MENU/GRIND FOOD

MAY – JULY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Menu 1	Menu 2	Menu 3	Menu 4	Menu 5
Lunch	<ul style="list-style-type: none"> • Courgette, leek, carrot fish and pasta purée • Natural yogurt 	<ul style="list-style-type: none"> • Potatoes, beef, chickpea and carrot purée • Natural yogurt 	<ul style="list-style-type: none"> • Pumpkin, rice, chicken purée • Natural yogurt 	<ul style="list-style-type: none"> • Potatoes, hake, carrot, celery and leek purée • Natural yogurt 	<ul style="list-style-type: none"> • Pasta, turkey, beans, onion, celery and pepper purée • Natural yogurt
Afternoon snack	<ul style="list-style-type: none"> • Grind fruit (pear and banana) 	<ul style="list-style-type: none"> • Grind fruit (orange and apple) 	<ul style="list-style-type: none"> • Grind fruit (orange and apple) 	<ul style="list-style-type: none"> • Grind fruit (pear and apple) 	<ul style="list-style-type: none"> • Grind fruit (banana and apple)
	Menu 6	Menu 7	Menu 8	Menu 9	Menu 10
Lunch	<ul style="list-style-type: none"> • Pasta, fish, bean, chard, pepper and leek purée • Natural yogurt 	<ul style="list-style-type: none"> • Pumpkin, carrot, potatoes and beef purée • Natural yogurt 	<ul style="list-style-type: none"> • Courgette, carrot, tomato, leek, potatoes and chicken purée • Natural yogurt 	<ul style="list-style-type: none"> • Lentil soup, leek, celery, rice and beef purée • Natural yogurt 	<ul style="list-style-type: none"> • Peas, fish, pepper and onion purée • Natural yogurt
Afternoon snack	<ul style="list-style-type: none"> • Grind fruit (orange and apple) 	<ul style="list-style-type: none"> • Grind fruit (melon and banana) 	<ul style="list-style-type: none"> • Grind fruit (pear and apple) 	<ul style="list-style-type: none"> • Grind fruit (orange and banana) 	<ul style="list-style-type: none"> • Grind fruit (pear and apple)