

Week 1

Dizzy Ducks Gourmet Menu

At Dizzy Ducks we pride ourselves on serving healthy and nutritious meals and our ability to cater for all food intolerances and allergies, as well as religious or cultural requirements.



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of healthy cereals and choice of bread, toast, crumpets and fresh fruit bowl				
AM Snack	Fresh fruit	Crackers & cheese cubes	Fresh fruit	Cherry tomatoes & breadsticks	Fresh fruit
Lunch	Chicken, chickpea & potato curry v Chickpea & potato curry	Cod in creamy white sauce, mashed potatoes & peas	Roast chicken, gravy new potatoes & vegetables v Lentil Loaf	Shepherd's pie, vegetables & gravy v Vegetable shepherd's pie	Sausage, bean hot pot & rice v Quorn Sausages
Dessert	Natural yoghurt & honey	Peaches & custard	Creamy rice pudding & sultanas	Natural yoghurt & raspberry	Crackers & soft cheese
PM Snack	Oat cakes & raisins	Fresh fruit	Pitta bread & Tzatziki dip	Fresh fruit	Oat cakes & banana
Tea	Cheesy baked potato boats & vegetables	Honey carrot soup with soldiers	Mexican fish wraps with salad	Cauliflower macaroni cheese	Tuna Pasta bake with hidden vegetables
Dessert	Banana & custard	Fruit jelly	Fruit salad	Wild berry cupcakes	Choc orange cake

Dizzy Ducks Weaning Menu

First introductions to food are very important to weaning babies. We will work closely with you throughout this stage and introduce new flavours and textures when you feel it is appropriate. Depending on your child's individual needs, many of our meals can be mashed, chopped or puréed.



Dizzy Ducks Gourmet Menu

Week 2



At Dizzy Ducks we pride ourselves on serving healthy and nutritious meals and our ability to cater for all food intolerances and allergies, as well as religious or cultural requirements.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of healthy cereals and choice of bread, toast, crumpets and fresh fruit bowl				
AM Snack	Fresh fruit	Pitta bread with red pepper hummus	Fresh fruit	Cheese cubes & crackers	Fresh fruit
Lunch	Creamy linguine with ham, lemon & basil v Creamy bean linguine	Warming chilli con carne, v Quorn chilli con carne	Greek beef Moussaka & root vegetables v Greek Quorn Moussaka	Chicken kedgeree v Salmon kedgeree	Fish pie & petit pois
Dessert	Winter apple crumble & custard	American pancakes & winter berries	Fruit jelly	Sultana flapjack	Banana & oat cookies
PM Snack	Oat cakes & raisins	Fresh fruit	Cucumber & breadsticks	Fresh fruit	Crackers & cream cheese
Tea	Tuscan bean soup & wholemeal bread	Tuna pizzadillas & peppers	Tomato croque monsieur & crudites	Minestrone soup & wholemeal bread	Baked beans & wholemeal bread
Dessert	Natural yoghurt & raspberry	Banana & custard	Winter berry muffins	Fruity jelly	Natural yoghurt & raspberry

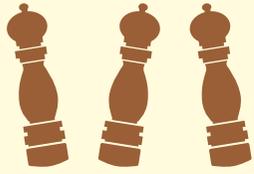
Dizzy Ducks Weaning Menu

First introductions to food are very important to weaning babies. We will work closely with you throughout this stage and introduce new flavours and textures when you feel it is appropriate. Depending on your child's individual needs, many of our meals can be mashed, chopped or pureed.



Dizzy Ducks Gourmet Menu

Week 3



At Dizzy Ducks we pride ourselves on serving healthy and nutritious meals and our ability to cater for all food intolerances and allergies, as well as religious or cultural requirements.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of healthy cereals and choice of bread, toast, crumpets and fresh fruit bowl				
AM Snack	Fresh fruit	Crackers & cheese cubes	Fresh fruit	Crackers & cream cheese	Fresh fruit
Lunch	Bolognaise & broccoli pasta v Quorn mince bolognaise	English winter beef cobbler & root vegetables v English winter quorn cobbler	Fruity chicken curry & brown rice v Fruity quorn curry	Fish Pie Hero & garden vegetables	Chicken stew & herby dumplings v Vegetable stew
Dessert	Natural yoghurt & winter berries	Creamy rice pudding & sultanas	Lemon self-saucing pudding	Natural yoghurt & honey	Mary Berry fruit cake
PM Snack	Peppers & crunchy breadstick	Fresh fruit	Breadsticks & cheese cubes	Fresh fruit	Oat cakes & raisins
Tea	BBQ chicken wrap v Mediterranean vegetable wrap	Grandma's tomato & vegetable pasta	Baked beans on wholemeal toast	Shepherd's pie bolognaise jackets v Vegetable shepherd's pie	Sausage plaits & potato salad v Cheese & onion plait
Dessert	Creamy rice pudding & raisins	Fruit jelly	Apple flapjack	Weetabix choc cake	Banana & custard

Dizzy Ducks Weaning Menu

First introductions to food are very important to weaning babies. We will work closely with you throughout this stage and introduce new flavours and textures when you feel it is appropriate. Depending on your child's individual needs, many of our meals can be mashed, chopped or puréed.



Dizzy Ducks Gourmet Menu

Week 4



At Dizzy Ducks we pride ourselves on serving healthy and nutritious meals and our ability to cater for all food intolerances and allergies, as well as religious or cultural requirements.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of healthy cereals and choice of bread, toast, crumpets and fresh fruit bowl				
AM Snack	Fresh fruit	Cucumber & oat cakes	Fresh fruit	Peppers & crunchy breadsticks	Fresh fruit
Lunch	Honey soy glazed chicken, vegetables & rice v Honey soy tofu	Mama's spaghetti meatballs & broccoli v Mama's quorn meatballs	Rainbow fish cake creamy sauce & sweetcorn	Gammon & cauliflower bake v Vegetable pasta bake	Classic meatloaf, mashed potato & gravy
Dessert	Fruit jelly	Natural yoghurt & winter berries	Peaches & custard	Oaty apple crumble	American pancakes & winter berries
PM Snack	Crackers & cheese cubes	Fresh fruit	Peppers & crunchy breadsticks	Fresh fruit	Crackers & cream cheese
Tea	Gammon & salad pitta v Mexican fish pitta	Warming chicken fajita wrap v Mushroom & vegetable wrap	Garlicky greens and beans pasta	Baked potato, cheese & beans	Minestrone soup & wholemeal bread
Dessert	Apple flapjack	Creamy rice pudding & raisins	Winter berry muffins	Fruit salad	Fruity Jelly

Dizzy Ducks Weaning Menu

First introductions to food are very important to weaning babies. We will work closely with you throughout this stage and introduce new flavours and textures when you feel it is appropriate. Depending on your child's individual needs, many of our meals can be mashed, chopped or pureed.

