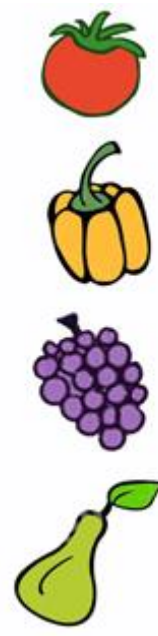
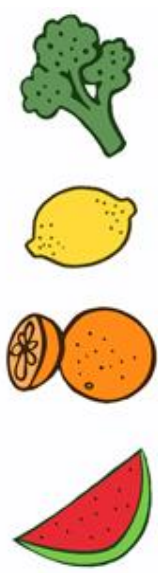


Happitots Glasgow Airport Menu



Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Wholemeal toast Fresh fruit	Crackers & butter Sliced apple & orange segments	Pancakes Sliced bananas	Bagels with a selection of spread Grapes & pears	Wholemeal toast Apples & pears
Lunch	Tuna pasta with salad or Tomato, vegetable & chickpea soup	Salmon and pepper pasta with salad or Quorn & vegetable lasagne served with peas	Chicken & sweet potato curry with fluffy rice or Baked potatoes with tuna or ham	Macaroni cheese with broccoli or Vegetable quiche with boiled potatoes and broccoli	Chicken & potato pie with garden peas or Vegetable & lentil curry with fluffy rice
Pudding	Melon & apple slices	Fresh Fruit Platter	Natural Yoghurt & Fruit	Sugar-free Jelly	Fresh Fruit Platter
Afternoon Snack	Oatcakes served with butter, cucumber & carrot sticks	Wholemeal rolls with a variety of fillings & melon slices	Rice cakes, soft cheese & grapes	Crackers & pear slices	Tortilla wraps with ham, cheese & carrot sticks



* All of our menus adhere to current Setting the Table Guidelines which you can see [here](#)

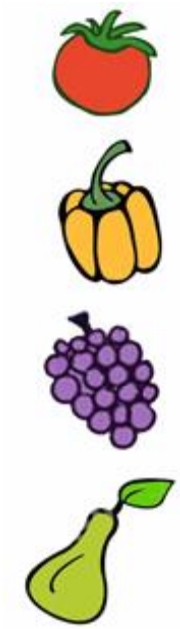
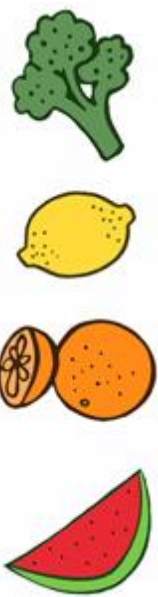


Happitots Glasgow Airport Menu



Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Rice cakes with a selection of spreads & sliced apples	Wholemeal toast with a selection of spreads & oranges	Oat cakes & sliced pears	Bread sticks, cheese & sliced apples	Wholemeal toast with a selection of spread with grapes & banana
Lunch	Cauliflower, lentil & vegetable curry with fluffy rice or Potato, leek & butterbean soup	Turkey Bolognese served with sweetcorn or Baked potatoes with tuna, cheese and salad	Fish pie with broccoli or Spaghetti with vegetable sauce	Vegetable curry with fluffy rice or Mediterranean vegetable & cheese pasta	Shepherd's pie or Salmon & broccoli tagliatelle
Pudding	Melon Slices	Plain fromage frais with fruit	Sugar-free Jelly	Kiwi, Strawberries & Grapes	Fresh Fruit Salad
Afternoon Snack	Pitta breads & vegetable sticks	Crackers & Cheese with Banana Slices	Rice Cakes & Grapes	Rice Cakes with assorted spreads	Assorted filled rolls with Bananas



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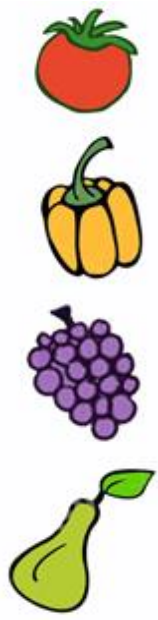
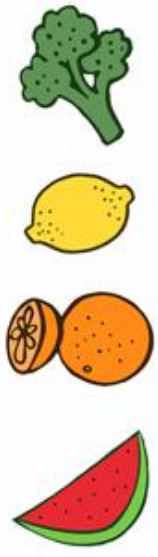


Happitots Glasgow Airport Menu



Where required food will be pureed, semi pureed, mashed or chopped to meet the needs of babies and younger children.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Wholemeal toast with spread & sliced apples	Crackers with soft cheese & grapes	Toasted muffins with spreads & sliced bananas	Breadsticks, cheese & melon slices	Wholemeal toast with spreads & orange slices
Lunch	Mixed bean casserole or Tomato, rice & vegetable soup	Chicken salad with new potatoes or Quorn & Vegetable curry with rice	Shepherd's pie with garden peas or Broccoli & cherry tomato cheese bake	Chicken & vegetable stir fry or Baked potato with tuna mayo	Tuna pasta served with salad or Macaroni cheese with green beans
Pudding	Fresh Fruit Platter	Pineapple, Grapes & Apples	Natural yoghurt with kiwi & strawberries	Sugar-free Jelly	Fresh Fruit Platter
Afternoon Snack	Oatcakes with a selection of spreads, cucumber & carrot sticks	Pitta breads with sliced ham & pepper sticks	Rice cakes, soft cheese & sliced apples	Vegetable platter with assortment of dips & fruit	Scones with a selection of spreads & sliced pears



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