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Our Weekly Menu

Ages weaning -9 Months

Week 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Morning Snack | Lunch | Afternoon Snack | Tea |
| Monday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Sweet potato and cauliflower puree**Pear puree** | Seasonal Fruit puree | Avocado puree |
| Tuesday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Rice and sweet corn puree**Banana puree** | Seasonal Fruit puree | Parsnip puree |
| Wednesday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Broccoli and Leek puree**Baby rice and raisins** | Seasonal Fruit puree | Carrot puree |
| Thursday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Spinach and potato puree**Apple puree** | Seasonal Fruit puree | Courgette puree  |
| Friday  | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Pea and carrot puree**Fromage frais** | Seasonal Fruit puree | Butternut squash puree |

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Our Weekly Menu

Ages weaning -9 months

Week 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Morning Snack | Lunch | Afternoon Snack | Tea |
| Monday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Potato and sweet pepper puree**Apricot puree** | Seasonal Fruit puree | Sweet corn and baby rice puree |
| Tuesday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Brown rice and courgette puree**Apple puree** | Seasonal Fruit puree | Carrot puree |
| Wednesday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Sweet potato puree**Fromage frais** | Seasonal Fruit puree | Broccoli puree |
| Thursday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Parsnip and Swede puree**Banana puree** | Seasonal Fruit puree | Celery and pea puree |
| Friday  | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Potato and green beans**Plum puree** | Seasonal Fruit puree | Spinach puree |

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Our Weekly Menu

Ages weaning -9 months

Week 3

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Morning Snack | Lunch | Afternoon Snack | Tea |
| Monday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Cheese and potato puree**Apple and cinnamon puree** | Seasonal Fruit puree | Mango puree |
| Tuesday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Cauliflower and tomato puree**Fresh fruit salad** | Seasonal Fruit puree | Broccoli puree |
| Wednesday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Courgette and sweet corn puree**Rice pudding with raisins** | Seasonal Fruit puree | Penne pasta in a homemade tomato sauce puree |
| Thursday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Leek and parsnip puree**Strawberry puree** | Seasonal Fruit puree | Sweet potato puree |
| Friday  | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Rice and cauliflower puree**Pineapple puree** | Seasonal Fruit puree | Swede puree  |

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Our Weekly Menu

Ages weaning -9 months

Week 4

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Morning Snack | Lunch | Afternoon Snack | Tea |
| Monday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Brown rice and spinach puree**Framage frais** | Seasonal Fruit puree | Pea puree |
| Tuesday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Mashed potato and carrot puree**Apple puree** | Seasonal Fruit puree | Avocado  |
| Wednesday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Cous cous and spinach**Pear puree** | Seasonal Fruit puree | Mediterranean vegetable puree |
| Thursday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Butternut squash and cauliflower puree**Banana puree** | Seasonal Fruit puree | Carrot puree  |
| Friday  | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Broccoli and sweet potato puree**Plum and raisins** | Seasonal Fruit puree | Mushroom and potato  |

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Our Weekly Menu

Ages weaning -5 years

Week 5

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Breakfast | Morning Snack | Lunch | Afternoon Snack | Tea |
| Monday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Sweet pepper and potato puree**Baby rice and apple** | Seasonal Fruit puree | Butternut squash puree |
| Tuesday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Mixed vegetables puree**Fromage frais** | Seasonal Fruit puree | Courgette puree  |
| Wednesday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Broccoli and pea puree**Pear puree** | Seasonal Fruit puree | Rice and sweetcorn puree |
| Thursday | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Spinach and new potatoes puree**Apple puree** | Seasonal Fruit puree | Leek and cauliflower puree |
| Friday  | A selection of baby rice based cereals and toast | Seasonal Fruit puree | Green bean and cauliflower puree**Banana puree** | Seasonal Fruit puree | Carrot puree |