

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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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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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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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 |



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 |