

Winter Menu

Week One

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Breakfast 8-8.30	A selection of cereals served with full fat milk	A selection of white and brown toast served with jam and butter	A selection of toasted teacakes	Crumpets served with butter	A selection of cereals served with full fat milk
Lunch 12pm	Creamy Chicken served with wholemeal penne pasta & peas Fresh pears served with custard	Mince and Mashed potatoes with green beans Jam Sponge & Custard	Chicken fillets, mashed potatoes served with beans Fresh yoghurt	Beef casserole with cabbage and dumplings Ice Cream	Fish Pie served with Peas and Broccoli Fruit jelly
Tea 4pm	Selection of sandwiches served on white and brown bread Fresh fruits	Scrambled Eggs on toast Malt loaf	Cheese and crackers Vegetable crudités Biscuits	Pizza slices with roasted vegetables Scones with jam and butter	Pitta breads with a selection of fillings Fresh fruit

Weaning Stage One 6-7 months

Puree Example Menu

Lunch	Banana	Sweet potato	Papaya	Carrot	Fruit puree
Tea	Carrot and peas	Apple	Parsnip	Pear	Butternut squash

Weaning Stage Two 7-9 months

Semi Puree Example Menu

Lunch	Swede and Broccoli Banana	Sweet Potato & green beans Peach Puree	Vegetable Puree Papaya	Carrot and peas Apple Puree	Potato Fruit Puree
Tea	Carrot and Peas Papaya	Butternut squash Apple Puree	Parsnips and Green beans Banana	Sweet Potato Pear Puree	Butternut Squash Peach Puree

Winter Menu

Week Two

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Breakfast 8-8.30	A selection of cereals served with full fat milk	A selection of white and brown toast served with jam and butter	A selection of toasted teacakes	Crumpets served with butter	A selection of cereals served with full fat milk
Lunch 12pm	Mince and Mashed potatoes with green beans Rice Pudding	Chicken Curry with rice and naan Bread Apple Crumble and Custard	Homemade Fish Cakes served with chipped potatoes and fine beans Banana Muffins	Chicken and vegetable pie with mashed potatoes and broccoli Ice cream	Courgette and Pepper Pasta served with Garlic Bread Fruit Jelly
Tea 4pm	Selection of toasted teacakes Selection of cakes	Selection of sandwiches served on white and brown bread Fresh fruits	Cheese and crackers Vegetable crudités Biscuits	Jacket potatoes with cheese and beans Scones	Pitta breads with a selection of fillings Fresh fruit

Weaning Stage One 6-7 months

Puree Example Menu

Lunch	Banana	Sweet potato	Papaya	Carrot	Fruit puree
Tea	Carrot and peas	Apple	Parsnip	Pear	Butternut squash

Weaning Stage Two 7-9 months

Semi Puree Example Menu

Lunch	Swede and Broccoli Banana	Sweet Potato & green beans Peach Puree	Vegetable Puree Papaya	Carrot and peas Apple Puree	Potato Fruit Puree
Tea	Carrot and Peas Papaya	Butternut squash Apple Puree	Parsnips and Green beans Banana	Sweet Potato Pear Puree	Butternut Squash Peach Puree

Winter Menu Week Three

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Breakfast 8-8.30	A selection of cereals served with full fat milk	A selection of white and brown toast served with jam and butter	A selection of toasted teacakes	Crumpets served with butter	A selection of cereals served with full fat milk
Lunch 12pm	Tuna pasta bake with garlic bread and green beans Ice cream	Chicken supreme with peas/corn Fruit Crumble and Custard	Fish Pie served with Peas and Broccoli Yoghurts	Lasagne served with garlic bread and peas Semolina	Chicken fillets, mashed potatoes served with beans Fruit jelly
Tea 4pm	Wholemeal wraps with a selection of fillings vegetable crudités Selection of cakes	Selection of warm Homemade quiches Fresh fruit	Jacket potatoes with cheese and beans Biscuits	A selection of toasted teacakes Fruit smoothies	Selection of sandwiches served on white and brown bread Fresh fruits

Weaning Stage One 6-7 months

Puree Example Menu

Lunch	Banana	Sweet potato	Papaya	Carrot	Fruit puree
Tea	Carrot and peas	Apple	Parsnip	Pear	Butternut squash

Weaning Stage Two 7-9 months

Semi Puree Example Menu

Lunch	Swede and Broccoli Banana	Sweet Potato & green beans Peach Puree	Vegetable Puree Papaya	Carrot and peas Apple Puree	Potato Fruit Puree
Tea	Carrot and Peas Papaya	Butternut squash Apple Puree	Parsnips and Green beans Banana	Sweet Potato Pear Puree	Butternut Squash Peach Puree

Winter Menu

Week Four

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Breakfast 8-8.30	A selection of cereals served with full fat milk	A selection of white and brown toast served with jam and butter	A selection of toasted teacakes	Crumpets served with butter	A selection of cereals served with full fat milk
Lunch 12pm	Chilli & Rice with peas & sweet corn Jam Sponge and Custard	Homemade Fish Cakes served with chipped potatoes & fine beans Rice pudding	Chicken stew with potato wedges Fruit Crumble & Ice Cream	Spaghetti Carbonarra garlic bread & fine beans Bananas and custard	Mince with mashed potatoes with carrot & swede Fruit Jelly
Tea 4pm	Warm Cheese and onion quiche Fresh fruit	Beans on toast Biscuits	Wholemeal wraps with a selection of fillings vegetable crudités Fruit smoothies	Pitta breads with a selection of fillings Malt loaf	Jacket Potato with Cheese Fresh fruit

Weaning Stage One 6-7 months

Puree Example Menu

Lunch	Banana	Sweet potato	Papaya	Carrot	Fruit puree
Tea	Carrot and peas	Apple	Parsnip	Pear	Butternut squash

Weaning Stage Two 7-9 months

Semi Puree Example Menu

Lunch	Swede and Broccoli Banana	Sweet Potato & green beans Peach Puree	Vegetable Puree Papaya	Carrot and peas Apple Puree	Potato Fruit Puree
Tea	Carrot and Peas Papaya	Butternut squash Apple Puree	Parsnips & Green beans Banana	Sweet Potato Pear Puree	Butternut Squash Peach Puree