Winter Weaning Menu

Week 1

Monday
Breakfast: Own or Porridge with Pear puree
Lunch: Pea and Cauliflower Puree / Banana
Tea: Pepper with Sweet potato Puree/ Mixed berry puree/ Apple fingers

Tuesday
Breakfast: Own or Weetabix with Banana
Lunch: Broccoli and Carrot puree/ Apple and peach puree/
Tea: Potato and leek puree/ Pear Puree/ pear fingers

Wednesday
Breakfast: Own or Porridge with blueberry puree
Lunch: Butternut squash and cauliflower puree/
Raspberry and Apple puree
Tea: Pea and Asparagus puree/ Mango Apricot puree/ Fruit wedges

Thursday
Breakfast: Own/Fruit puree/Toast
Lunch: Potato and pepper puree/
Banana fingers
Tea: Parsnip and carrot puree/
Blueberry and mango puree/
Mango sticks

Friday
Breakfast: Toast fingers with banana
Lunch: Aubergine and Parsnip puree/ Kiwi and Raspberry puree
Tea: Courgette and Sweet potato puree/ Mixed fruit puree
Apple slices

Allergan and dietary alternatives provided at all time

Water/ milk served all day