

# 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

### 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

### 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

### 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

### Thursday

Breakfast: Own/Fruit puree/Toast

Lunch: Potato and pepper puree/ Banana fingers

Tea: Parsnip and carrot puree/ Blueberry and mango puree/ Mango sticks

Allergan and dietary alternatives provided at all time

Water/ milk served all day