

Winter Weaning Menu

Week 2

Monday

Breakfast: Own or Weetabix with Pear puree

Lunch: Carrot and pepper Puree / Apple puree

Tea: Leek with Sweetcorn Puree / Raspberry and banana puree
Banana fingers

Wednesday

Breakfast: Own or toast with bananas

Lunch: Parsnip and pea puree / Strawberry and apple puree

Tea: Sweet potato and cauli puree
Raspberry puree / Pear wedges

Friday

Breakfast: Own or porridge with blueberry puree

Lunch: Lentil and pepper puree / Pear puree

Tea: Potato and pea puree / Mango puree
Carrot sticks

Tuesday

Breakfast: Own or Porridge with Apple puree

Lunch: Cauli and broccoli puree / Apricot puree

Tea: Turnip and carrot puree / Mixed fruit puree / Apple wedges

Thursday

Breakfast: Own or Weetabix with melon

Lunch: Sweetcorn and Butternut puree / Mango puree

Tea: Courgette and lentil puree / Mixed fruit puree / Banana slices

Allergan and dietary alternatives provided at all time

Water/ milk served all day