

Winter Weaning Menu

Week 3

Monday

Breakfast: Own or Fruit puree with toast

Lunch: Parsnip and turnip Puree / Apricot and mango puree

Tea: Potato and carrot puree/ Apple and pear puree

Pear fingers

Wednesday

Breakfast: Own or Weetabix with apple puree

Lunch: Broccoli and Potato puree/

Banana and mango puree

Tea: Butternut squash and parsnip puree

Blueberry and apple puree/ Apple wedges

Friday

Breakfast: Own or Weetabix with mango puree

Lunch: Broccoli and cauliflower puree/ Apple and Raspberry puree

Tea: Pea and parsnip puree/ Apricot puree

Banana sticks

Tuesday

Breakfast: Own or Weetabix with pear puree

Lunch: Lentil and courgette puree/ banana puree

Tea: Peppers and cauliflower puree/

Raspberry and Blueberry puree/ Pepper sticks

Thursday

Breakfast: Own or Porridge with apricot

Lunch: Asparagus and potato puree

Apple and pear puree

Tea: Broccoli and carrot puree/

Kiwi and banana puree/ Carrot sticks

Allergan and dietary alternatives provided at all time

Water/ milk served all day