

Weaning Menu (Summer) Week one

Monday

Breakfast: Own or Weetabix with soft apple wedges or puree.

Lunch: Peppers and courgette puree/ Peach puree

Tea: Broccoli and green bean puree/ Apricot puree and Banana sticks

Finger foods: Broccoli floret's and pepper sticks

Tuesday

Breakfast: Own or porridge with banana puree

Lunch: Carrot and Aubergine puree/ Mixed fruit puree

Tea: Potato, pea and sweetcorn puree/ Apple and pear Puree

Finger foods: Carrot sticks and apple sticks

Wednesday

Breakfast: Own or Fruit puree with toast fingers

Lunch: Broccoli and cauliflower puree/ Mango and peach puree

Tea: Sweet potato and red pepper puree

Finger foods: Cauli floret's and sweet Potato sticks

Thursday

Breakfast: Own or Weetabix with pear puree

Lunch: Butternut squash with cauliflower/ Banana puree

Tea: Asparagus and carrot puree/ Melon puree

Finger foods: Butternut squash fingers and Banana sticks

Friday

Breakfast: Own or Porridge with Pear puree

Lunch: Courgette, carrot and spinach puree/ Mixed fruit puree

Tea: Parsnip and pea puree/ Peach and apple puree

Finger foods: Courgette fingers and Apple sticks

Allergan and dietary alternatives provided at all time

Water/ milk served all day