

Weaning Menu (Summer) Week three

Monday

Breakfast: Own or Weetabix with banana puree.

Lunch: Parsnip and pea puree/
Apricot and strawberry puree

Tea: Chickpea and spinach/ Pear puree

Finger foods: Parsnip sticks and Pear wedges

Tuesday

Breakfast: Own or porridge with Raspberry puree


Lunch: Broccoli and potato puree/
Apple and pear puree

Tea: Carrot and parsnip puree/
Plum Puree

Finger foods: Carrot sticks and apple wedges

Wednesday

Breakfast: Own or Weetabix with apricot puree

Lunch: Carrot and pea puree/  Peach puree

Tea: Parsnip and courgette puree/
Pear puree

Finger foods: Carrot fingers and pear wedges

Thursday

Breakfast: Own or fruit purees with toast fingers

Lunch: Peppers and sweet potato/
Plum puree

Tea: Broccoli and carrot puree/ Raspberry and pear puree

Finger foods: Pepper fingers and pear sticks

Friday

Breakfast: Own or fruit puree with toast fingers

Lunch: Potato, cauliflower and pepper puree/
Banana puree

Tea: Spinach and parsnip puree/
peach puree

Finger foods: Cauli floret's and banana sticks

Allergan and dietary alternatives provided at all time

Water/ milk served all day