

Weaning Menu (Summer) Week two

Monday

Breakfast: Own or Porridge with soft Fruit wedges or puree.

Lunch: Potato and broccoli puree/
Apple and blueberry puree

Tea: Carrot and pea puree/ Peach puree and Banana sticks

Finger foods: Broccoli floret's and Banana sticks

Tuesday

Breakfast: Own or Weetabix with Apple puree

Lunch: Sweet potato and chickpea puree/ Fruit puree

Tea: Courgette and spinach puree/ Peach and pear Puree

Finger foods: Sweet potato sticks and pear wedges

Wednesday

Breakfast: Own or porridge with fruit puree

Lunch: Peppers and broccoli puree/
Apple and strawberry puree

Tea: Green beans and butternut squash puree/ Banana puree

Finger foods: Broccoli floret's and butternut sticks

Thursday

Breakfast: Own or porridge with peach puree

Lunch: Parsnip and potato/ Apricot and apple puree

Tea: Mixed bean and sweet potato puree/ fruit puree

Finger foods: Sweet potato fingers and apple sticks

Friday

Breakfast: Own or Weetabix with Pear puree with toast fingers

Lunch: Carrot and pea puree/ raspberry and pear puree

Tea: Spinach and parsnip puree/
Peach and Melon puree

Finger foods: Carrot fingers and parsnip sticks

Allergan and dietary alternatives provided at all time

Water/ milk served all day