

## Menu Week 1-

For Weaning Stage 2: Older Babies: As above but mashed, chopped or pureed depending on your child's requirements. We can cater for all food intolerances and

Monday	Tuesday	Wednesday	Thursday	Friday
Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.
3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice
Homemade Ham Leek & Potato Pie Vegetables & Gravy	Roast Chicken New Potatoes Carrots and Gravy	Sausage and Home made wedges and Beans	Vegetable Korma Rice Naan Bread	Fish Pie Vegetable Selection
Bananas and Custard	Yoghurts	Homemade Apple Crumble	Ice Cream	Cake & Custard
Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water
Mini Sausages Side salad with Bread and Butter	Jacket Potatoes with Cheese or Tuna Cucumber Chunks Tomato Wedges	Hot Crumpets with Jam or Marmite Carrot Sticks & Sliced Red & Green Pepper Salad	Macaroni Cheese, cucumber and carrot sticks	Pitta Pizzas Salad Selection
Jelly	Iced Cupcakes	Strawberry Whip	Homemade cookies	Yoghurts

allergies as well as religious or cultural requirements.

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Monday	Tuesday	Wednesday	Thursday	Friday
Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water
Apple Puree	Pear Puree	Banana Puree	Mango Puree	Apple Puree
Sweet Potato Sweet corn	Broccoli Cauliflower	Carrot Courgette	Green Beans Potato	Courgette Potato
Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree
Swede Carrot	Parsnips Potato	Pea Carrot	Broccoli Sweet Potato	Cauliflower Carrot

## Menu Week 2

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Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.
Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water
Sausage and vegetable Hotpot	Lasagne Garlic Dough Balls	Cottage Pie with mixed Vegetables	Roast Lamb with Roasted Potatoes, Parsnips and Carrots Gravy	Chilli Con Carne Rice
Jelly	Yoghurts	Rice Pudding	Fruit Salad	Peaches and Cream
3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice
Spaghetti Hoops on Toast	Selection of Sandwiches Salad selection	Beans on Toast Carrot & Cucumber Sticks Cherry Tomatoes	Sausage Rolls vegetable sticks and Bread and Butter	Pasta with Tomato Sauce & Hidden Vegetables
Carrot cake	Victoria Sponge	Strawberry Trifle	Home made cookies	Rice Crispy Cakes

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Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water
Pear Puree	Banana Puree	Mango Puree	Apple Puree	Pear Puree
Carrot Potato	Broccoli Potato	Swede Carrot	Parsnips Carrot	Sweet Potato Corn
Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree
Courgette Peppers	Sweet Potato with Cinnamon	Cauliflower Broccoli	Carrot Peas	Green Beans Potato

## Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.
3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice
Vegetable Pasta Bake with Spinach	Shepherds Pie Mixed Vegetables	Spaghetti Carbinara Garlic Bread	Lamb Hotpot with Mixed Vegetables	Poached Fish with New Potatoes Selection of Vegetables
Rice Pudding	Peach Crumble	Yoghurts	Fruit Cocktail	Carrot Cake
Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water
Homemade Sausage Rolls Vegetable Sticks Bread and Butter	Tuna Pasta Bake Cucumber Sticks Tomato Chunks	Jacket Potatoes with Cheese and Beans Salad	Toasted Muffins with Ham and Cheese Crudities	Selection of Ham & Chicken Wraps with Side Salad
Iced Sponge Cake	Cornflake Cake	Flapjacks	Mandarin Slices in Jelly	Yoghurts

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Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water	Baby Cereal/Pureed fruit, milk, juice water
Banana Puree	Mango Puree	Apple Puree	Pear Puree	Mango Puree
Butternut Squash Pear	Leek, Sweet Potato & Pea	Lentils and Carrots	Sweet Potato with Spinach and Peas	Carrot, Onion & Sweet corn
Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree
Sweet Potato with Cinnamon	Tomatoes and Carrots with Basil	Sweet Potato with Orange	Cauliflower, Red Pepper & Sweet corn	Leek & Potato Puree

## Menu Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.
Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water
Sausage Hot Pot With Vegetables	Lasagne Garlic Bread & Vegetables	Cottage Pie Mixed Vegetables	Spaghetti with Chicken, Tomato and Basil	Beef Casserole with Carrots
Banana Bread	Yoghurts	Cherry Cake	Bread and Butter Pudding	Peach Crumble
3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice
Jacket Potatoes with choice of filling Vegetable Sticks	Hot Chicken Strip Rolls Salad	Pasta Swirls with Cheese Sauce and Broccoli Tomato Chunks	Crumpets with Jam and Marmite	Cold Tray, Boiled Eggs, Cheese, Ham, Turkey, Crackers, Pickle, Salad
Strawberry Whip	White Crispy Cakes	Yoghurts	Iced Biscuits	Jelly

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Mango Puree	Apple Puree	Pear Puree	Mango Puree	Banana
Tomatoes and Carrots with Basil	Sweet Potato with Orange	Cauliflower, Red Pepper & Sweet corn	Leek & Potato Puree	Broccoli and Potato Bake
Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree
Carrot & Potato Bake	Broccoli and Cauliflower	Swede & Mashed Carrot	Parsnips & Carrot Puree	Vegetable Medley

## Menu Week 5 -

Monday	Tuesday	Wednesday	Thursday	Friday
Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.
3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice
Sausage Hotpot with Vegetables	Gammon Ham with Pineapple Jacket Potatoes, Salad	Pasta Carbinara with Gammon and garlic dough balls	Roast Lamb dinner with all the trimmings	Chilli Con Carne Rice
Peach and Sultana Crumble	Yoghurts	Bananas and Custard	Jelly and Ice Cream	Victoria Sponge and Custard
Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water
Selection of Sandwiches Potato Salad	Hot Sausage and cheese roll with salad and soft finger rolls	Spaghetti Hoops on Toast Cucumber Fingers	Wholemeal Pitta Pizza Faces Salad ( Party Tea) Homemade Coleslaw	Hot Sausage Rolls/Cheese Rolls with Salad and Soft Finger Rolls & Cucumber
Yoghurts	Cupcakes	Oatmeal Cookies	Banana straws	Sultana Cakes

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Apple Puree	Mango Puree	Banana Puree	Pear Puree	Banana Puree
Sweet Potato and Carrot	Carrot and Pee Puree	Broccoli, Carrot and Cauliflower Trio	Leek, Sweet Potato and Pea	Potato and Courgette Puree
Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree
Butternut Squash and Broccoli	Parsnip and Potato	Swede and Carrot	Butternut Squash and Carrot	Carrot and Sweet Potato

## Menu Week 6 – March 2<sup>nd</sup> 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.	Selection of Healthy Cereals, Toast, Fruit, Juice, Water.
Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water
Chicken and Sweet corn Pie Mixed Vegetables	Salmon Pie White Sauce and New Potatoes & Vegetables	Roast Pork, Roast Potatoes, Carrots, Broccoli	Lasagne Garlic Bread	Sausage and Mash Vegetables & Gravy
Pears and Custard	Chocolate Cake & Choc Custard	Yoghurts	Apple Crumble & Ice Cream	Jam Roily Poly
3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice	Biscuits with Milk/Juice/Water	3 Fresh Fruits & Milk/Water/Juice
Tuna Taglitelle Cucumber and Carrot Sticks	Selection of Finger Sandwiches Crudities	Scrambled Egg on Toast Tomatoes	Soft Roll Selection Tomato Chunks Cucumber Sticks	Chicken Drum sticks/ Fillets with potato salad and bread and butter
Flapjacks	Apple and Raisin Bake	Strawberry Whip	Fruit Cocktail	Sponge Cake with Cherries

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Mango Puree	Apple Puree	Pear Puree	Banana Puree	Apple Puree
Parsnip and Potato	Swede and Carrot	Butternut Squash and Carrot	Carrot and Sweet Potato	Butternut Squash and Pea
Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree	Fruit Puree
Carrot and Leek	Potato and Carrot	Courgette and Potato	Potato, Courgette and Cauliflower	Carrot and Spinach Puree