

Menu : Week 1

6 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Carrot & Pea Puree	Cauliflower & Broccoli Puree	Spinach & Mushroom Puree	Pepper & Cannellini Bean Puree	Courgette & Carrot Puree
Light Tea	Apple Puree	Rhubarb Puree with Natural Yoghurt	Banana Puree	Blueberry Puree with Natural Yoghurt	Pear Puree

7-12 Months	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Suitably prepared baby porridge OR wheat biscuits Peach Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Banana Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Pineapple Fingers (M)(G)	Suitably prepared baby porridge OR wheat biscuits Blueberries (M)(G)	Suitably prepared baby porridge OR wheat biscuits Pear Slices (M)(G)
Lunch Second dish for children aged 10-12 months only	Lentil & Pea Wholemeal Macaroni Cheese, with Pepper Sticks (M)(G) . Fruit Salad	Roast Chicken (Lentil Bake) with Boiled Potatoes and Veg, with Broccoli Florets . Pear Fool (M)	Pitta Fingers with Spinach Hummus (G)(SE) . Vietnamese Beef (Black Bean) Stew and Wholewheat Noodles, with Carrot Sticks (G)	Fish (Butterbean) and Vegetable Curry with Rice, with Cauliflower Florets (F) . Fruit Salad	Mediterranean Chicken (Mixed Beans) and Couscous, with Cucumber Sticks (G) . Bananas with Low Sugar Custard (M)
Light Tea Second dish for children aged 10-12 months only	Potato, Broccoli & Ham (Vegan Ham) Bake, with Beetroot and Tomato . Sugar Free Apple Crumble (G)	Tuna Mayo (Chickpea Coleslaw) Mashed Potatoes with Cucumber Sticks (F) . Natural Yoghurt with Peaches (M)	Bagels with Cream Cheese and Cucumber Crudités (M)(G) . Fruit Salad	Homemade Mixed Beans with Wholemeal Bread Fingers (SU)(G) . Natural Yoghurt with Berry Compote (M)	Fresh Bread Friday with a choice of filler, Cheese or Meat Slices with Crudités (G) . Fresh Fruit

Weaning menus will be pureed or mashed to suit individual needs, gradually building up to lumpier foods

Weaning babies will not be given foods that have not already been tried at home.

Babies under 12 months don't need snacks, but finger foods are available alongside meals.

Extra milk feeds will be offered if a child appears hungry between meals.

1-5 Years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Apple Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Banana Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Satsuma Segments (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Blueberries (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Pear Slices (SY)(M)(G)
AM Snack	Fruit	Crispbreads with Cream Cheese (M)(G)	Fruit	Oatcakes (G)	Fruit
Lunch	Lentil & Pea Wholemeal Macaroni Cheese (M)(G) . Fruit Salad	Roast Chicken (Lentil Bake) with Roast Potatoes and Mixed Seasonal Vegetables . Pear Fool (M)	Pitta Fingers with Spinach Hummus (G)(SE) . Vietnamese Beef (Black Bean) Stew with Wholewheat Noodles(G)	Fish (Butterbean) & Vegetable Curry with Rice (F) . Fruit Salad	Mediterranean Chicken (Mixed Beans) with Couscous (G) . Bananas with Low Sugar Custard (M)
PM Snack	Rice Cakes	Fruit	Cream Crackers with Cheese (M)(G)	Fruit	Breadsticks with Herby Dip (G)(E)(M)
Light Tea	Wraps with Ham (Vegan Ham) or Cream Cheese with Beetroot and Tomato Crudités (M)(G) . Sugar Free Apple Crumble (G)	Tuna Mayo (Chickpea Coleslaw) Jacket Potatoes (F) . Natural Yoghurt with Peaches (M)	Bagels with Cream Cheese and Cucumber Crudités (M)(G) . Fruit Salad	Homemade Mixed Beans on Wholemeal Toast (SU)(G) . Natural Yoghurt with Berry Compote (M)	Fresh Bread Friday with a choice of filler, Cheese or Meat Slices with Crudités (G) . Fresh Fruit

Menu : Week 2

6 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Pepper & Spinach Puree	Chickpea & Cauliflower Puree	Carrot & Pea Puree	Sweet Potato & Courgette Puree	Broccoli & Potato Puree
Light Tea	Rhubarb Puree with Natural Yoghurt	Peach Puree	Apple Puree	Pear Puree	Raspberry Puree with Natural Yoghurt

7-12 Months	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Suitably prepared baby porridge OR wheat biscuits Peach Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Blueberries (M)(G)	Suitably prepared baby porridge OR wheat biscuits Banana Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Pear Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Pineapple Fingers (M)(G)
Lunch Second dish for children aged 10-12 months only	Flatbread with Mango Chutney and Raita (M)(G) Creamy Coconut & Chickpea Curry and Wholegrain Rice, with Pepper Sticks	Mexican Style Beef (Mixed Bean) Pasta Bake, with Carrot Sticks (G) Natural Yoghurt with Summer Fruit (M)	Roast Chicken (Lentil Bake) with Boiled Potatoes and Vegetables, with Pepper Sticks Natural Yoghurt with Blueberries (M)	Vegetable & Chickpea Tagine and Couscous, with Courgette Sticks (SU)(G) Berry Fruit Platter	White Fish (Vegetable) Fingers and New Potatoes, with Broccoli Florets (F) Fruit Salad
Light Tea Second dish for children aged 10-12 months only	Mashed Potatoes with Homemade Mixed Beans, with Bread Fingers (G)(SU) Pear with Low Sugar Custard (M)	Chickpea, Cauliflower Cheese & Potato Bake, with Cucumber Sticks (M) Fruit Salad	Tuna Mayo (Chickpea Mash) Pasta, with Tomato and Carrot Sticks (G)(F) Cheese and Apple Slices (M)	Lentil & Vegetable Pasta Bake, with Cauliflower Florets (SU)(G) Natural Yoghurt with Summer Fruit (M)	Fresh Bread Friday with a choice of filler, Cheese or Meat Slices with Crudités (G) Fresh Fruit

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Breakfast	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Peach Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Apple Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Banana Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Pear Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Satsuma Segments (SY)(M)(G)
AM Snack	Fruit	Rice Cakes	Cucumber and Pepper Crudités	Toasted Tortilla Crisps with Guacamole	Fruit
Lunch	Flatbread with Mango Chutney and Raita (M)(G) Creamy Coconut & Chickpea Curry with Wholegrain Rice	Mexican Style Beef (Mixed Bean) Pasta Bake (G) Natural Yoghurt with Summer Fruit (M)	Roast Chicken (Lentil Bake) with Roast Potatoes and Mixed Seasonal Vegetables Natural Yoghurt with Blueberries (M)	Vegetable & Chickpea Tagine with Couscous (SU)(G) Berry Fruit Platter	Lemon & Herb Fish (Vegetable) Fingers with New Potatoes and Broccoli (G)(F) Fruit Salad
PM Snack	Oatcakes (G)	Carrot and Cucumber Crudités	Breadsticks with Hummus (G)(SE)	Fruit	Crispbreads with Cream Cheese (M)(G)
Light Tea	Potato Wedges with Homemade Mixed Beans (SU) Pear with Low Sugar Custard (M)	Chickpea, Cauliflower Cheese & Potato Bake (M) Fruit Salad	Tuna Mayo (Chickpea Mash) Bagel with Tomato and Carrot Crudités (G)(F) Cheese and Apple Slices (M)	Sausage (Lentil) and Vegetable Pasta Bake (SU)(G) Natural Yoghurt with Summer Fruit (M)	Fresh Bread Friday with a choice of filler, Cheese or Meat Slices with Crudités (G) Fresh Fruit

Menu : Week 3

6 months	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Tomato & Cauliflower Puree	Butternut Squash & Lentil Puree	Broccoli & Pea Puree	Potato & Carrot Puree	Pepper & Courgette Puree
Light Tea	Blueberry Puree with Natural Yoghurt	Pear Puree	Rhubarb Puree with Natural Yoghurt	Banana Puree	Apple Puree

7-12 Months	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Suitably prepared baby porridge OR wheat biscuits Pineapple Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Pear Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Blueberries (M)(G)	Suitably prepared baby porridge OR wheat biscuits Banana Slices (M)(G)	Suitably prepared baby porridge OR wheat biscuits Peach Slices (M)(G)
Lunch Second dish for children aged 10-12 months only	Chicken (Meatless Farm Pieces) Fricassee with Brown Rice (M) Natural Yoghurt with Seasonal Fruit (M)	Oat Crackers with Hummus (SE)(G) (Beyond Meat) Meatballs and Couscous, with Pepper Sticks (G)	Wholemeal Pasta Salmon (Mixed Bean) Bake, with Broccoli Florets (G)(F)(M) Sugar Free Apple Crumble (G)	Roasted Beef (Lentil Bake) with Boiled Potatoes and Vegetables, with Courgette Sticks Fruit Salad	Chicken (Chickpea and Spinach) Curry and Brown Rice, with Cucumber Sticks Natural Yoghurt with Raspberries (M)
Light Tea Second dish for children aged 10-12 months only	Tuna (Chickpea) Orzo Pasta Salad, with Cucumber Sticks (M)(G)(F) Sliced Grapes & Blueberries (M)	Carrot, Squash & Lentil Soup, with Wholemeal Bread Fingers (G) Fruit Salad	Chicken (Jackfruit & Hummus (SE)) Pasta with Beetroot (M)(G) Melon Platter	Cheesy Chicken (Chickpea) Pasta, with Carrot Sticks (M)(G) Natural Yoghurt with Seasonal Fruit (M)	Fresh Bread Friday with a choice of filler, Cheese or Meat Slices with Crudités (G) Fresh Fruit

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Breakfast	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Pineapple Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Pear Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Blueberries (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Banana Slices (SY)(M)(G)	Rice Krispies, Cornflakes, Ready Oats, Wheat Biscuits Wholemeal Toast Apple Slices (SY)(M)(G)
AM Snack	Breadsticks and Cream Cheese (M)(G)	Cucumber and Pepper Crudités	Crispbread and Cottage Cheese (M)(G)	Fruit	Oatcakes (G)
Lunch	Chicken (Meatless Farm Pieces) Fricassee with Brown Rice (M) Natural Yoghurt with Seasonal Fruit (M)	Oat Crackers with Hummus (SE)(G) (Beyond Meat) Meatballs with Couscous (G)(E)	Wholemeal Pasta Salmon (Mixed Bean) Bake with Broccoli (G)(F)(M) Sugar Free Apple Crumble (G)	Roasted Beef (Lentil Bake) with Roast Potatoes and Mixed Vegetables Fruit Salad	Chicken (Chickpea and Spinach) Curry with Brown Rice Natural Yoghurt with Raspberries (M)
PM Snack	Fruit	Cream Crackers and Cream Cheese (M)(G)	Fruit	Rice Cakes	Cucumber and Carrot Crudités with Hummus (SE)
Light Tea	Tuna (Chickpea) Orzo Pasta Salad (M)(G)(F) Sliced Grapes & Blueberries	Carrot, Squash & Lentil Soup with Wholemeal Bread Fingers (G) Fruit Salad	Chicken & Sweetcorn (Jackfruit & Hummus (SE)) Bruschetta with Beetroot Crudités (G)(M) Melon Platter	Wholemeal Egg or Cheese Sandwiches with Carrot Crudités (M)(G)(E) Natural Yoghurt with Seasonal Fruit (M)	Fresh Bread Friday with a choice of filler, Cheese or Meat Slices with Crudités (G) Fresh Fruit