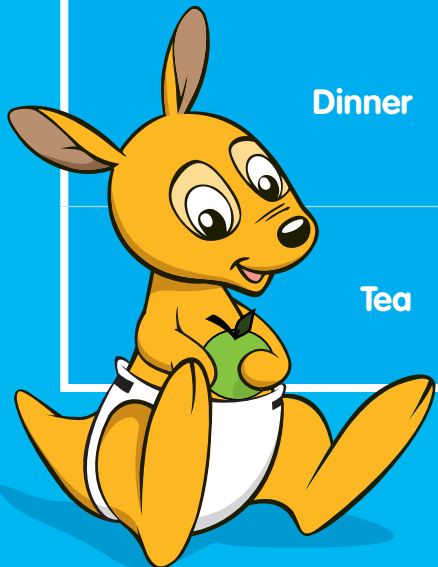


# BABY WEANING MENU

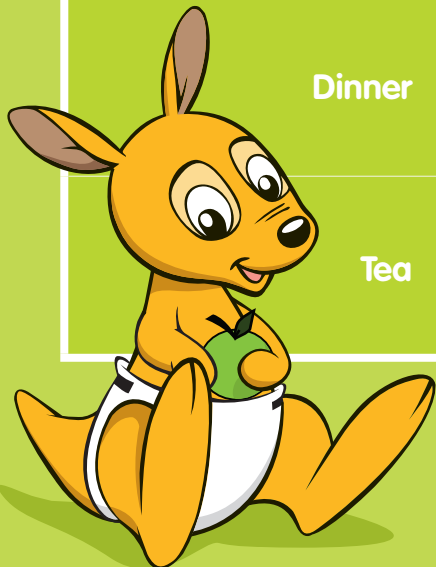
Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1					
<b>Dinner</b>	<b>Carrot, Potato &amp; Peas</b> Banana Purée	<b>Broccoli, Swede &amp; Potato</b> Apple Purée	<b>Green Beans &amp; Macaroni Pasta</b> Wheat, Gluten Mango Purée	<b>Butternut Squash &amp; Lentils</b> Apricot Purée Sulphur Dioxide	<b>Sweet Potato &amp; Swede</b> Pear Purée
<b>Tea</b>	<b>Swede &amp; Pasta</b> Wheat, Gluten Pear Purée	<b>Red Pepper &amp; Sweet Potato</b> Papaya Purée	<b>Cauliflower &amp; Potato</b> Banana Purée	<b>Peas &amp; Potato</b> Apple Purée	<b>Courgette &amp; Rice</b> Mango Purée
Stage 2					
<b>Dinner</b>	<b>Carrot, Potato, Peas &amp; Beef</b> Banana Custard Dairy	<b>Broccoli, Swede, Potato &amp; Turkey</b> Fruit Yoghurt Dairy	<b>Green Beans, Macaroni Pasta &amp; Cheese</b> Wheat, Gluten, Dairy Mango & Custard Dairy	<b>Butternut Squash, Lentils &amp; Rice</b> Apricot Purée Sulphur Dioxide	<b>Sweet Potato, Swede &amp; Salmon</b> Fish Pear Purée
<b>Tea</b>	<b>Swede, Pasta &amp; Cheese</b> Wheat, Gluten, Dairy Pear Purée	<b>Red Pepper, Sweet Potato &amp; Tuna</b> Fish Papaya	<b>Cauliflower, Potato &amp; Ham</b> Banana Purée	<b>Peas, Potato &amp; Chicken</b> Apple Purée	<b>Courgette, Rice &amp; Cheese</b> Dairy Mango Purée



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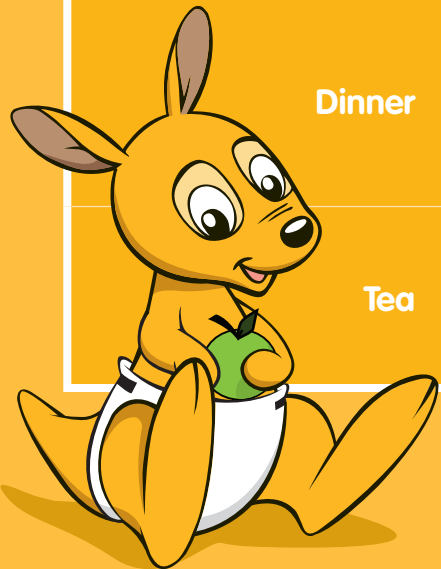
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stage 1</b>					
<b>Dinner</b>	<b>Courgette &amp; Potato</b> Peach Purée	<b>Swede &amp; Potato</b> Apple Purée	<b>Sweet Potato &amp; Red Pepper</b> Pear Purée	<b>Carrot &amp; Pasta</b> Wheat, Gluten Banana Purée	<b>Green Beans &amp; Potato</b> Apricot Purée Sulphur Dioxide
<b>Tea</b>	<b>Carrot &amp; Pasta</b> Pear Purée	<b>Pea &amp; Butternut Squash</b> Mango Purée	<b>Green Beans &amp; Rice</b> Papaya Purée	<b>Broccoli &amp; Red Lentils</b> Apple Purée	<b>Swede &amp; Carrot</b> Banana Purée
<b>Stage 2</b>					
<b>Dinner</b>	<b>Courgette, Potato &amp; Cheese</b> Dairy Peach Purée	<b>Swede, Potato &amp; Ham</b> Apple Purée & Custard Dairy	<b>Sweet Potato, Red Pepper &amp; Chicken</b> Pear Purée	<b>Carrot, Pasta &amp; Tuna</b> Wheat, Gluten, Fish Banana Purée	<b>Green Beans, Potato &amp; Beef</b> Fruit Yoghurt Dairy
<b>Tea</b>	<b>Carrot, Salmon &amp; Rice</b> Fish Pear Purée	<b>Pea, Butternut Squash &amp; Pasta</b> Wheat, Gluten Mango Purée	<b>Green Beans, Rice &amp; Cheese</b> Dairy Papaya Purée	<b>Broccoli, Red Lentils &amp; Tomato</b> Apple Purée	<b>Swede, Carrot &amp; Turkey</b> Banana Purée



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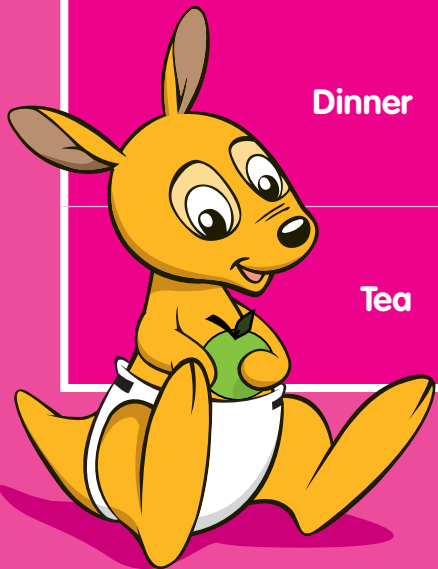
Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stage 1</b>					
<b>Dinner</b>	<b>Butternut Squash &amp; Red Pepper</b> Apple Purée	<b>Tomato, Lentil &amp; Pasta</b> Wheat, Gluten Mango Purée	<b>Green Beans &amp; Potato</b> Banana Purée	<b>Courgette &amp; Carrot</b> Apricot Purée Sulphur Dioxide	<b>Broccoli &amp; Potato</b> Pineapple Purée
<b>Tea</b>	<b>Broccoli &amp; Potato</b> Banana Purée	<b>Carrot &amp; Potato</b> Pear Purée	<b>Swede &amp; Rice</b> Papaya Purée	<b>Tomato &amp; Pasta</b> Wheat, Gluten Apple Purée	<b>Sweet Potato &amp; Courgette</b> Pear Purée
<b>Stage 2</b>					
<b>Dinner</b>	<b>Butternut Squash, Red Pepper &amp; Salmon</b> Fish Apple & Custard Dairy	<b>Tomato, Lentil &amp; Chicken Pasta</b> Wheat, Gluten Mango & Custard Dairy	<b>Green Beans, Potato &amp; Lamb</b> Fruit Yoghurt Dairy	<b>Courgette, Carrot &amp; Potato</b> Rice Pudding Dairy	<b>Broccoli, Potato &amp; Turkey</b> Pineapple Purée
<b>Tea</b>	<b>Broccoli, Potato &amp; Cheese</b> Dairy Banana Purée	<b>Carrot, Spinach &amp; Potato</b> Pear Purée	<b>Swede, Rice &amp; Ham</b> Papaya Purée	<b>Tomato, Pasta &amp; Basil</b> Wheat, Gluten Apple Purée	<b>Sweet Potato, Courgette &amp; Tuna</b> Fish Pear Purée



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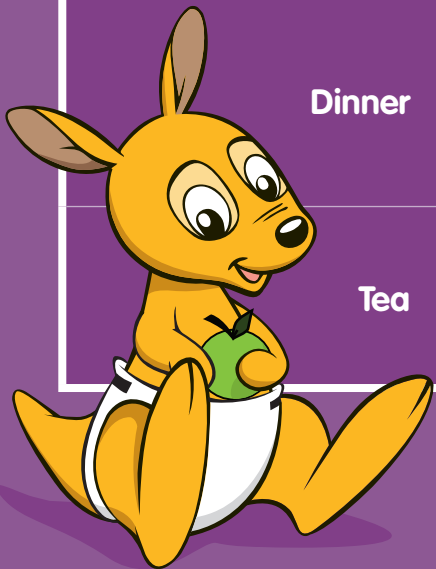
Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stage 1</b>					
<b>Dinner</b>	<b>Swede &amp; Potato</b> Papaya Purée	<b>Broccoli &amp; Carrot</b> Apple Purée	<b>Tomato, Spinach &amp; Pasta</b> Wheat, Gluten Mango Purée	<b>Peas &amp; Potato</b> Banana Purée	<b>Courgette &amp; Swede</b> Pear Purée
<b>Tea</b>	<b>Cauliflower &amp; Pasta</b> Wheat, Gluten Pear Purée	<b>Butternut Squash &amp; Potato</b> Banana Purée	<b>Sweet Potato &amp; Red Pepper</b> Apricot Purée Sulphur Dioxide	<b>Lentils &amp; Carrot</b> Apple Purée	<b>Green Beans &amp; Potato</b> Papaya
<b>Stage 2</b>					
<b>Dinner</b>	<b>Swede, Potato &amp; Pork</b> Papaya Purée	<b>Broccoli, Carrot &amp; Haddock</b> Fish Apple & Custard Dairy	<b>Tomato, Spinach &amp; Beef Pasta</b> Wheat, Gluten Fruit Yoghurt Dairy	<b>Peas, Potato &amp; Lamb</b> Semolina Dairy, Wheat, Gluten	<b>Courgette, Swede &amp; Mixed Beans</b> Pear & Custard Dairy
<b>Tea</b>	<b>Cauliflower, Pasta &amp; Salmon</b> Wheat, Gluten, Fish Pear Purée	<b>Butternut Squash, Potato &amp; Pea</b> Banana Purée	<b>Sweet Potato, Red Pepper &amp; Chicken</b> Apricot Purée Sulphur Dioxide	<b>Lentils, Carrot &amp; Tomato</b> Apple Purée	<b>Green Beans, Potato &amp; Ham</b> Papaya



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# BABY WEANING MENU

Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stage 1</b>					
<b>Dinner</b>	<b>Butternut Squash &amp; Lentils</b> Apple Purée	<b>Cabbage &amp; Potato</b> Pineapple Purée	<b>Cauliflower &amp; Potato</b> Mango Purée	<b>Swede &amp; Green Beans</b> Apple Purée	<b>Tomato, Spinach &amp; Pasta</b> Wheat, Gluten Pear Purée
<b>Tea</b>	<b>Peas &amp; Potato</b> Apricot Purée Sulphur Dioxide	<b>Carrot &amp; Pasta</b> Wheat, Gluten Pear Purée	<b>Lentils &amp; Courgettes</b> Banana	<b>Sweet Potato &amp; Carrot</b> Papaya Purée	<b>Broccoli &amp; Rice</b> Banana Purée
<b>Stage 2</b>					
<b>Dinner</b>	<b>Butternut Squash, Lentils &amp; Rice</b> Apple & Custard Dairy	<b>Cabbage, Potato &amp; Beef</b> Pineapple Purée	<b>Cauliflower, Potato &amp; Tuna</b> Fish Semolina Wheat, Gluten, Dairy	<b>Swede, Green Beans &amp; Chicken</b> Fruit Yoghurt Dairy	<b>Tomato, Spinach &amp; Ham Pasta</b> Wheat, Gluten Pear & Custard Dairy
<b>Tea</b>	<b>Peas, Potato &amp; Salmon</b> Fish Apricot Purée Sulphur Dioxide	<b>Carrot, Pasta &amp; Cheese</b> Dairy, Wheat, Gluten Pear Purée	<b>Lentils, Courgettes &amp; Red Pepper</b> Banana	<b>Sweet Potato, Carrot &amp; Peas</b> Papaya Purée	<b>Broccoli, Rice &amp; Butternut Squash</b> Banana Purée



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