

Summer Weaning Menu 2021

Please note: These are sample menus and are subject to change.
Menu produced under the guidance of a registered nutritionist.



| Week 1 | A selection of the below will be available each day | | | | |
|--|--|--|--------------------------------|--|---|
| Rolling breakfast | Toasted bagel ●●●◆, Wholemeal toast ●●●●, Toasted breakfast muffin ●●●◆, Fruit platter Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●, Organic full fat natural Yogurt ● | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast 6 months first foods | Baby porridge Fruit puree | Baby rice Fruit puree | Baby porridge Fruit puree | Baby rice Fruit puree | Baby porridge Fruit puree |
| Lunch 6 months first foods | Sweet potato puree | Broccoli puree | Butternut puree | Swede puree | Carrot puree |
| Tea 6 months first foods | Carrot & banana puree | Red cabbage & apple puree | Carrot & pear puree | Avocado & peach puree | Vegetable & fruit puree of the day |
| Lunch For all 7-12 months | Green Thai chickpea curry Rice ✎ ● | Salmon ● Broccoli ✎ & potato | Chicken tomato pasta ●●✎ | Lamb Tomato & swede couscous ●●✎ | Pork Carrot & potato ✎ |
| Pudding For all 7-12 months | Organic full fat strawberry yogurt ● | Coco rice pudding ● | Mango ✎ | Banana ✎ | Mandarins ✎ |
| Tea For all 7-12 months | Beef lentil & vegetable pasta ✎ ●● | Red cabbage pasta & cheese ● Carrot ✎ | Tuna ● Sweetcorn & potato ✎ | Chicken red pepper Rice ✎ | Tea of the day (menu choice will be displayed in reception) |
| Pudding For all 7-12 months | Banana ✎ | Apple ✎ | Pear ✎ Semolina ●●● | Organic full fat natural fruit yogurt ● | Melon ✎ |
| Fresh drinking water is available throughout the day and offered regularly. Breast and formula milk will be offered to meet the child's individual routine | | | | | |

✎ Indicates which part of the meal that can be held and eaten by babies as finger foods

● Wheat ● Gluten ● Dairy ● Eggs ● Fish ● Soya ● Celery ● Barley ● Rye ● Oat ● Sesame ● Sulphates ◆ Indicates any 'May contain' ingredients

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| Week 2 | A selection of the below will be available each day | | | | |
|--|---|-------------------------------|------------------------------|--|---|
| Rolling breakfast | Toasted bagel ●●●◆, Wholemeal toast ●●●●, Toasted breakfast muffin ●●●◆, Fruit platter Rice Krispies® ●●, Cornflakes ●●, Wheat Biscuits ●●●, Organic full fat natural Yogurt ● | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast 6 months first foods | Baby porridge Fruit puree | Baby rice Fruit puree | Baby porridge Fruit puree | Baby rice Fruit puree | Baby porridge Fruit puree |
| Lunch 6 months first foods | Carrot puree | Red pepper puree | Swede puree | Pea puree | Sweet potato puree |
| Tea 6 months first foods | Swede & pear puree | Broccoli & pear puree | Lentil & mango puree | Butternut squash & mango puree | Vegetable & fruit puree of the day |
| Lunch For all 7-12 months | Chicken Potato, pea & carrot 🍷 | Pasta ●●🍷 Tomato & spinach | Beef Potato & swede 🍷 | Fish ● Rice & peas 🍷 | Chicken Sweet potato Red pepper 🍷 |
| Pudding For all 7-12 months | Frozen strawberry yogurt ● | Peaches 🍷 | Mango 🍷 | Chocolate whip ● | Pear 🍷 |
| Tea For all 7-12 months | Sweet potato, lentil & tomato Whole-wheat bread fingers 🍷●● | Turkey Potato & broccoli 🍷 | Tomato lentil pasta 🍷●● | Butternut squash Bean & cheese ● | Tea of the day (menu choice will be displayed in reception) |
| Pudding For all 7-12 months | Organic full fat yogurt ● Apple 🍷 | Pear 🍷 | Watermelon fingers 🍷 | Organic full fat natural fruit yogurt ● | Organic full fat yogurt ● |
| Fresh drinking water is available throughout the day and offered regularly. Breast and formula milk will be offered to meet the child's individual routine | | | | | |

🍷 Indicates which part of the meal that can be held and eaten by babies as finger foods

● Wheat ● Gluten ● Dairy ● Eggs ● Fish ● Soya ● Celery ● Barley ● Rye ● Oat ● Sesame ● Sulphates ◆ Indicates any 'May contain' ingredients

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| Week 3 | A selection of the below will be available each day | | | | |
|--|---|---|--|---|--|
| Rolling breakfast | Toasted bagel ●●●◆, Wholemeal toast ●●●●●, Toasted breakfast muffin ●●●◆, Fruit platter Rice Krispies® ●●●, Cornflakes ●●●, Wheat Biscuits ●●●●, Organic full fat natural Yogurt ● | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast 6 months first foods | Baby porridge Fruit puree | Baby rice Fruit puree | Baby porridge Fruit puree | Baby rice Fruit puree | Baby porridge Fruit puree |
| Lunch 6 months first foods | Spinach puree | Pea puree | Sweet potato & banana puree | Pea puree & mango | Broccoli puree |
| Tea 6 months first foods | Avocado & apple puree | Carrot & pear puree | Lentil & mango puree | Butternut squash & mango puree | Vegetable & fruit puree of the day |
| Lunch For all 7-12 months | Beef & tomato Pasta 👏 ●● | Chicken mushroom risotto Peas 👏 ● | Tomato, bean & spinach couscous 👏 ●● | Turkey Potato & green beans 👏 | Salmon ● Potato & broccoli 👏 |
| Pudding For all 7-12 months | Organic full fat fruit yogurt ● | Peach & custard ● | Organic full fat fruit yogurt ● | Apple 👏 | Banana 👏 |
| Tea For all 7-12 months | Tuna ● Potato & sweetcorn | Carrot, tomato & lentil pasta 👏 ●● | Lamb Sweet potato & carrot 👏 | Pasta Lentil, cheese & tomato 👏 ●●● | Tea of the day (menu choice will be displayed in reception) |
| Pudding For all 7-12 months | Apple 👏 | Pear 👏 | Banana 👏 | Melon fingers 👏 | Pear 👏 |
| Fresh drinking water is available throughout the day and offered regularly. Breast and formula milk will be offered to meet the child's individual routine | | | | | |

👏 Indicates which part of the meal that can be held and eaten by babies as finger foods

● Wheat ● Gluten ● Dairy ● Eggs ● Fish ● Soya ● Celery ● Barley ● Rye ● Oat ● Sesame ● Sulphates ◆ Indicates any 'May contain' ingredients