

Summer Weaning Menu 2022

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 ●●●◆✎, Brown toast fingers ●●●●●●●●✎, Toasted breakfast muffin ●●●●◆✎ Rice Krispies® ●●, Cornflakes ●●, Wheat Biscuits ●●●, Organic full fat natural Yogurt ●, Fruit platter ✎				
	Monday Toasted bagel	Tuesday Brown toast fingers	Wednesday Toasted breakfast muffin	Thursday Brown toast fingers	Friday Brown toast fingers
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	Spinach, chickpea & rice ✎	Salmon, broccoli ✎ & potato ●	Chicken & tomato pasta ●●●✎	Lamb, tomato & swede ✎ couscous ●●	Pork, carrot ✎ & potato
Pudding For all 7-12 months	Organic full fat fruit yogurt ●	Coco rice pudding ●	Mango ✎	Banana ✎	Mandarins ✎
Tea For all 7-12 months	Beef, lentil & carrot pasta ✎●●	Red cabbage pasta & 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 ✎	Organic full fat 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 ● Mustard ◆ 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 ●●●◆✎, Brown toast fingers ●●●●●●●●✎, Toasted breakfast muffin ●●●●◆✎ Rice Krispies® ●●, Cornflakes ●●, Wheat Biscuits ●●●●, Organic full fat natural Yogurt ●, Fruit platter ✎				
	Monday Toasted breakfast muffin	Tuesday Brown toast fingers	Wednesday Toasted bagel	Thursday Brown toast fingers	Friday Toasted breakfast muffin
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	Pea puree	Red pepper puree	Green bean puree	Carrot puree	Spinach puree
Tea 6 months first foods	Bean & apple puree	Lentil & pear puree	Avocado & banana puree	Pea & mango puree	Vegetable & fruit puree of the day
Lunch For all 7-12 months	Salmon, sweetcorn ✎ potato ●	Beef, red pepper & rice ✎	Chicken, potato & green bean ✎	Carrot, red pepper & pasta ✎ ●●	Turkey, spinach, coconut & rice ✎
Pudding For all 7-12 months	Organic full fat natural yogurt & blueberries ●	Pear & custard ●	Mango ✎	Peach ✎	Organic full fat fruit yogurt ●
Tea For all 7-12 months	Tomato bean pasta ✎ ●●	Tuna potato & lentil ✎ ●	Chickpea, avocado & tomato ✎	Chicken, sweetcorn ✎ & potato	Tea of the day (menu choice will be displayed in reception)
Pudding For all 7-12 months	Apple ✎	Orange ✎	Banana ✎	Frozen yogurt ●	Banana ✎
	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 ● Mustard ◆ 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 ●●●◆✎, Brown toast fingers ●●●●●●●✎, Toasted breakfast muffin ●●●◆✎ Rice Krispies® ●●, Cornflakes ●●, Wheat Biscuits ●●●, Organic full fat natural Yogurt ●, Fruit platter ✎				
	Monday Toasted breakfast muffin	Tuesday Brown toast fingers	Wednesday Toasted bagel	Thursday Brown toast fingers	Friday Brown toast fingers
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	Bean puree	Green bean puree	Broccoli puree
Tea 6 months first foods	Avocado & apple puree	Carrot & pear puree	Sweet potato & banana puree	Pea & 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 ● Mustard ◆ Indicates any 'May contain' ingredients

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Week 4	A selection of the below will be available each day				
Rolling breakfast	Toasted bagel ●●●◆✎, Brown toast fingers ●●●●●●●✎, Toasted breakfast muffin ●●●●◆✎ Rice Krispies® ●●, Cornflakes ●●, Wheat Biscuits ●●●, Organic full fat natural Yogurt ●, Fruit platter ✎				
	Monday Brown toast fingers	Tuesday Toasted bagel	Wednesday Brown toast fingers	Thursday Toasted breakfast muffin	Friday Brown toast fingers
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	Butternut squash puree	Pea puree	Butterbean puree	Cauliflower puree
Tea 6 months first foods	Lentil & apple puree	Red pepper & pear puree	Courgette & banana puree	Carrot & pear puree	Vegetable & fruit puree of the day
Lunch For all 7-12 months	Chicken, potato & carrot ✎	Butternut squash, tomato & spaghetti ✎ ●●	Beef, potato & peas ✎	Pollock, butterbean & rice ✎	Chicken noodles ✎ & cauliflower ●●●
Pudding For all 7-12 months	Strawberry frozen yogurt ●	Peaches ✎	Mango ✎	Chocolate whip ●	Apple ✎
Tea For all 7-12 months	Tomato, lentil & pasta ✎ ●●	Turkey, red pepper & potato ✎	Courgette ✎ Pasta cheese ●●●	Ham, potato, carrot ✎ & tomato	Tea of the day (menu choice will be displayed in reception)
Pudding For all 7-12 months	Apple ✎	Pear ✎	Melon fingers ✎	Pear ✎	Organic full fat fruit 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 ● Mustard ◆ Indicates any 'May contain' ingredients