

Weaning Menu Week 1

WINTER MENU

	Breakfast 9am	Lunch 11.45am	Tea 3.30pm	Snack 5pm
Monday	Banana Slices, Wheatabix, Readybrek, Babyrice Water	Shepherds Pie with Potatoes & Carrots Puree Rice Pudding Water	Turkey & Vegetable Goulash Puree Fromage Frias Own Milk, Water	Own Milk if Required
Tuesday	Raisins, Wheatabix, Readybrek, Babyrice Water	Poached Fish with Mixed Vegetables & Mashed Potato Puree Mashed Banana & Custard Water	Mince with Wholemeal and White Pasta & Mixed Vegetables Puree Mashed/Chopped Fruit Own Milk, Water	Own Milk if Required
Wednesday	Sliced Grapes, Wheatabix, Readybrek, Babyrice Water	Macaroni Cheese with Beans Puree Stewed Seasonal Fruit Crumble Water	Homemade Cream of Vegetable Soup with Wholemeal & White Bread Mashed/Chopped Banana Cake & Apple Own Milk, Water	Own Milk if Required
Thursday	Banana Slices, Wheatabix, Readybrek, Babyrice Water	Roast Chicken with Potatoes, Stuffing, Broccoli, Carrots Puree Mixed Fruit Puree Water	Cheese, Potato & Onion Pie with Carrots & Green Beans Puree Fromage Frias Own Milk, Water	Own Milk if Required
Friday	Melon Cubes, Wheatabix, Readybrek, Babyrice Water	Sweet & Sour Chicken with Wholemeal & White Rice Puree Fruit Puree Water	Lamb Cobbler Puree Mashed/Chopped Banana Own Milk, Water	Own Milk if Required