

Weaning Menu Week 3

WINTER MENU

	Breakfast 9am	Lunch 11.45am	Tea 3.30pm	Snack 5pm
Monday	Tangerine Segments, Wheatabix, Readybrek, Babyrice Water	Crunchy Three Vegetable Crumble & Pasta Puree Pineapple Upside-Down Cake Water	Chicken Casserole with Green Beans, Sweet corn & Boiled Potatoes Puree Yoghurt & Melon Own Milk, Water	Own Milk if Required
Tuesday	Sliced Grapes, Wheatabix, Readybrek, Babyrice Water	Lemon Chicken with Wholemeal & White Rice & Vegetables Puree Fruit Puree Water	Vegetable & Lamb Lasagne including Mixed Vegetables Puree & Garlic Bread Fruit Own Milk, Water	Own Milk if Required
Wednesday	Raisins, Wheatabix, Readybrek, Babyrice Water	Pork & Vegetable Casserole with Dumplings Puree Mousse & Sponge Fingers Water	Tomato Soup with Wholemeal & White Bread Slices Fruit Own Milk, Water	Own Milk if Required
Thursday	Banana Slices, Wheatabix, Readybrek, Babyrice Water	Tuna & Sweetcorn with Carrots, Mashed Sweet Potato & Potato Puree Fromage Frais Water	Roast Chicken with Potatoes, Stuffing, Broccoli & Carrots Puree Mixed Fruit Own Milk, Water	Own Milk if Required
Friday	Sliced Grapes, Wheatabix, Readybrek, Babyrice Water	Cheese, Potato & Onion Pie with Carrots & Green Beans Puree Stewed Fruit & ice cream Water	Tuna Pasta Sweetcorn with Peas Puree Fromage Frais & cookie Own Milk, Water	Own Milk if Required