

Weaning Menu Week 4

WINTER MENU

	Breakfast 9am	Lunch 11.45am	Tea 3.30pm	Snack 5pm
Monday	Banana Slices, Wheatabix, Readybrek, Babyrice Water	Baked Potatoes with Bolognaise Puree Stewed Rhubarb & Custard Water	Pork & Vegetable Casserole with Dumplings Puree Yoghurt, Melon & Kiwi Own Milk, Water	Own Milk if Required
Tuesday	Raisins, Wheatabix, Readybrek, Babyrice Water	Turkey & Vegetable Goulash Puree Fruit Puree Water	Mince, Peas and Vegetable Stock with Wholemeal and White Rice Puree Mashed/Chopped Banana & Apples Own Milk, Water	Own Milk if Required
Wednesday	Tangerine Segments, Wheatabix, Readybrek, Babyrice Water	Mince with Wholemeal & White Pasta & Mixed Vegetables Puree Eves Pudding & Custard Water	Potato, Peas and Cauliflower Puree Mashed/Chopped Fruit Own Milk, Water	Own Milk if Required
Thursday	Sliced Grapes, Wheatabix, Readybrek, Babyrice Water	Tuna Puffs with Broccoli, Carrots & Potatoes Puree Hot Spiced Banana's & Cream Water	Cheese, Potato & Onion Pie with Carrots & Green Beans Puree Fruit Puree Own Milk, Water	Own Milk if Required
Friday	Raisins, Wheatabix, Readybrek, Babyrice Water	Lamb Cobbler (Carrots, Celery, Onion, Swede, Lamb with Potato Topping) Puree Fresh Fruit Salad Water	Crunchy Three Vegetable Crumble & Pasta Puree Melon & Fromage Frais Own Milk, Water	Own Milk if Required