



Weaning Menu 1



Snack Am	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 6 months Puree	Banana	Orange	Blackberry	Apple	Pear
Stage 2 6-9 months Coursier texture	Banana & Cheerio's	Crumpet Slice with Jam and Seasonal Fruit	Bagel with Cream Cheese and Seasonal Fruit	Breadstick, Assorted Dips with Cherry Tomato Cucumber	Scotch Pancake with Jam and Seasonal Fruit
Stage 3 9-12 months Mixed foods Minced/ chopped	Wholemeal Pittas with Dips, Pepper and Carrot Sticks	Toasted Crumpet with Jam Seasonal Fruit	Bagels with Cream Cheese and Seasonal Fruit	Breadsticks, Assorted Dips with Cherry Tomato and Cucumber	Scotch Pancake with Jam and Seasonal Fruit

Lunchtime	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 6 months Puree	Sweet Potato Apple	Parsnip Mango	Carrot Pear	Broccoli Melon	Butternut Squash Cherry
Stage 2 6-9 months Coursier texture	Cottage Pie or Cheese & Potato Pie with Carrots & Cabbage. Stewed Apple with Pastry Star	Carrot, Potato and Parsnip Hash or Sausage & Mash, Seasonal Veg Mango with Sorbet	Roast Chicken with Gravy or Carrot & Lentil Bake and Seasonal Vegetables Pear and Yoghurt	Broccoli & Cauliflower Cheese or Mild Sweet Potato, Chickpea & Vegetable Curry and Rice Fruit Salad	Tomato, Spinach & Butternut Squash Pasta or Salmon Pasta with Garlic Bread and Cucumber Fingers. Cherries with Natural Yoghurt
Stage 3 9-12 months Mixed foods Minced/ chopped	Cottage Pie or Cheese & Potato Pie with Carrots & Cabbage. Stewed Apple with Pastry Star	Carrot, Potato and Parsnip Hash or Sausage & Mash, Seasonal Veg Mango with Sorbet	Roast Chicken with Gravy or Carrot & Lentil Bake and Seasonal Vegetables Pear and Yoghurt	Broccoli & Cauliflower Cheese with French Stick or Mild Sweet Potato, Chickpea & Vegetable Curry with Rice and Poppadum Fruit Salad with Ice cream	Tomato, Spinach & Butternut Squash Pasta or Salmon Pasta with Garlic Bread, Cucumber & Pepper Sticks. Cherries with Natural Yoghurt

Snack Pm	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 6 months Puree	Orange	Apple	Banana and Baby Cereals	Pineapple	Peach
Stage 2 6-9 months Coursier texture	Cheese with Cherry Tomato, Grape and Ritz Biscuit	Apple and Melon with Ham	Cereals with Seasonal Fruit	Apple Slices with Cheese and Pineapple	Baby Rice Cake with Peach and Mango
Stage 3 9-12 months Mixed foods Minced/ chopped	Cream Cracker with Cheese, Cherry Tomatoes and Grapes	Apple and Melon with Ham and Multigrain Flatbread Strips	Cereals with Seasonal Fruit	Apple Slices with Cheese and Pineapple	Rice Cake with Peach and Mango

Teatime	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 6 months Puree	Cauliflower Blueberries	Spring Greens Peach	Turnip Apple	Potato Blackberries	Carrot Plum
Stage 2 6-9 months Coursier texture	Toast Fingers with Jam or Marmite and Carrot Sticks. Blueberries & Fromage Frais	Savoury Rice with Vegetables, Chicken and Cucumber Sticks Peach	Egg & Cress Sandwiches with Tomato or Ham & Cucumber Sandwiches Apple	Baked Beans or Spaghetti Hoops on Toast Blackberries	Soft Carrot & Parsnip Wedges with Hummus Plum
Stage 3 9-12 months Mixed foods Minced/ chopped	Toast Fingers with Jam or Marmite and Carrot Sticks. Blueberries & Fromage Frais	Savoury Rice with Vegetables, Chicken, Naan Bread and Cucumber Sticks Peach	Egg & Crest Sandwiches with Tomato or Ham & Cucumber Sandwiches Apple	Baked Beans or Spaghetti Hoops on Toast Blackberries	Carrot & parsnip Scone with Hummus and Pepper Wedges Plum

