

Nursery Weaning Menu 2024/5

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Lunch	Beef bolognese	Chicken with rice and peas	Lentil casserole	Tomato, roast pepper & mackerel pasta	Moroccan spiced lamb with vegetables
Dessert	Yoghurt Served with Peach Puree	Pineapple puree	Carrot & apple puree	Coconut yoghurt	Banana puree
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Tea	Hidden carrot, sweet potato and butter bean soup	Cannellini beans with potato & carrot	Turkey & vegetable rice	Hidden coconut & lentil soup	Potato with spinach and cheese
Pudding	Apricot puree	Raspberry puree served with yoghurt	Apple puree	Orange & banana puree	Yoghurt served with blackberry coulis

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Lunch	Red pepper, courgette and potato	Beef & vegetables	Chicken, spinach and sweetcorn with rice	Lamb, leek & potato	Fish with vegetables and rice
Dessert	Peach puree	Banana puree	Pear puree	Blueberry & banana puree	Pineapple puree
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Tea	Cheesy squash pasta	Cream of vegetable soup	Potato, cauliflower & chickpea chana aloo	Black eye beans, sweet potato & broccoli	Vegetable con carne with potato
Pudding	Banana & orange puree with yoghurt	Apple puree	Blueberry puree with yoghurt	Melon & banana puree	Coconut yoghurt with raspberry puree

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals , Weetabix, Cornflakes, Rice Krispies, Porridge, Ready Brek Toast Yoghurt with Fruit Puree Milk to Drink				
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Lunch	Sweetcorn, chickpea & spinach curry with rice	Chicken with vegetables	Fish with potato & peas	Cheesy chicken and pepper pasta	Beef, tomato, carrot and green beans
Dessert	Raspberry & pear puree	Spiced apple puree	Banana puree with yoghurt	Pineapple puree	Rice pudding with peach puree
Snack	Alternating between a selection of fresh fruit, vegetable sticks, crackers with spread, crumpets, or pitta bread fingers with a selection of homemade dips or hummus. Milk or water to drink.				
Tea	Vegetables with lentils	Mixed bean, tomato and spinach pasta	Creamy butternut squash and carrot soup	Tomato, pepper, broccoli and cheese	Cauliflower and swede
Pudding	Melon and apple puree	Peach yoghurt	Banana puree	Yoghurt with raspberry puree	Pear puree

Please note: All meals will be prepared to ensure they are age and stage appropriate and in line with each child's dietary requirements. Menu options or ingredients may change due to unforeseen circumstances. Your Nursery team will let you know if an alternative meal has been provided to your child.