Winter Weaning Menu 2026/7

No added salt, no added refined sugar, just lots of taste & goodness.

Our meals are always prepared to be age and stage appropriate and to meet your child's individual dietary requirements. Occasionally, we may need to make small changes to the menu due to supply issues or other unexpected circumstances. If this happens, your nursery team will let you know.





Breakfast
every morning

A tasty start to the day with cereal, wholemeal toast, yoghurt, warm porridge or overnight oats, and fresh fruit, served with milk or water - providing the energy children need for learning and play.



Snacks
mid-morning & afternoon

A rotating selection of fresh fruit, veggie sticks, rice cakes, crackers, crumpets, pakoras, or wholemeal pitta fingers with homemade dips, served with milk or water.



Week 1: Lunch & Tea

Monday

Roasted carrot & red lentil orzo

Greek-style yoghurt served with apricot purée

Tomato & red pepper soup

Apple & melon purée

Tuesday

Fragrant chicken curry with rice

Orange & apple purée

Sweet potato with cheese, beans & carrots

Greek-style yoghurt served with peach purée

Wednesday

Beef with green beans, carrots, tomatoes & peas

Greek-style yoghurt served with pear purée

Vegetable & bean jambalaya

Banana purée

Thursday

Chicken with vegetables

Peach purée

Potato with spinach, swede & cheese

Greek-style yoghurt served with raspberry purée

Friday

Turkey with vegetables

Greek-style yoghurt served with orange & apricot purée

Creamy vegetable pasta

Apple purée

Week 2: Lunch & Tea

Monday

Lamb with vegetables

Greek-style yoghurt served with blueberry & pear purée

Pasta with lentils & vegetables

Apple purée

Tuesday

Chicken & vegetable rice

Banana purée

Red kidney beans, tomato, spinach & broccoli

Greek-style yoghurt served with pineapple purée

Wednesday

Pasta bolognese

Greek-style yoghurt served with melon & apple purée

Leek & potato soup

Mango & apricot purée

Thursday

Turkey & vegetable stew

Apple purée

Butternut squash, butter bean & sweet potato

Greek-style yoghurt served with orange & banana purée

Friday

Salmon with sweet potato & green beans

Greek-style yoghurt served with banana & raspberry purée

Chicken, vegetables & cheese

Pear purée

Week 3: Lunch & Tea

Monday

- Vegetables with chickpeas
- Greek-style yoghurt served with blueberry & banana purée
- Chicken, sweet potato & spinach
- Orange & apple purée

Tuesday

- Mild beef chilli
- Blackberry & pear purée
- Vegetables with lentils
- Greek-style yoghurt served with peach purée

Wednesday

- Bean & vegetable pasta
- Greek-style yoghurt served with mango purée
- Turkey, cauliflower, carrot & swede
- Banana & spinach purée

Thursday

- Chicken, potatoes, peas & swede
- Banana & pear purée
- Creamy vegetable soup
- Greek-style yoghurt served with apple & raspberry purée

Friday

- Tuna, tomato & spinach pasta
- Greek-style yoghurt served with peach purée
- Mixed bean, tomato & swede
- Carrot & apple purée