

Nursery Weaning Menu

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 each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Lunch	Chicken, pea, and broccoli	Potato, lentil and tomato	Pollack with leek, potato, and carrot	Turkey, pea, carrot and potato	Beef mince with tomato and potato
Finger Food	Served with a selection of vegetables and salad sticks with each meal				
Dessert	Apple puree	Apricot puree	Yoghurt with blueberries	Rice pudding with raspberry	Pineapple puree
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	Cannellini beans with pepper	Spinach, pea and carrot	Tomato, mushroom and pepper	Tomato, lentil and basil puree	Carrot and pea
Finger Food	Served with a selection of vegetables and salad sticks with each meal				
Pudding	Melon and banana puree	Yoghurt with raspberry puree	Banana puree	Apple puree	Pear puree
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 each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Lunch	Chicken, leek, potato and carrot	Beef Bolognaise	Chicken, pea, broccoli and pepper with rice	Beef goulash with cabbage	Pollack, potato and carrot
Finger Food	Served with a selection of vegetables and salad sticks with each meal				
Dessert	Peach puree	Pear puree	Apple and blackberry	Banana puree	Yoghurt with raspberry puree
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	Cabbage with pea and potato	Sweet potato, carrot and spinach	Leek and potato soup	Macaroni cheese with broccoli	Vegetable cous cous
Finger Food	Served with a selection of vegetables and salad sticks with each meal				
Pudding	Banana and pear	Rice pudding with raspberry	Yoghurt with pear puree	Apple and pear puree	Pear 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 each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Lunch	Spinach and broccoli with pasta	Savory minced beef with potato, pea and carrot	Chicken with rice and beans	Turkey with potato and mixed vegetables	Chicken korma with vegetables
Finger Food	Served with a selection of vegetables and salad sticks with each meal				
Dessert	Yoghurt with blueberry puree	Pear puree	Stewed apple puree	Peach puree	Banana puree
Snack	Alternating each snack time between a selection of fresh fruits or crackers with spread, crumpets, or pitta bread fingers				
Tea	Tuna, sweetcorn and potato	Cabbage with pea and potato	Broccoli and cauliflower with cannellini beans	Spinach with pea and carrot	Pasta with salmon and sweetcorn
Finger Food	Served with a selection of vegetables and salad sticks with each meal				
Pudding	Banana puree	Pineapple and raspberry puree	Yoghurt	Pear puree	Apple 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.