

Baby Department Menu - Week 2 **Weaning Menu 2017**

Please note: All menus have been designed to meet the nutritional needs of all children throughout the day. There are two stages for the children weaning: **Stage 1 (approx 6-7 months)** for children being first introduced to solids comprising of vegetables and fruit of a purée consistency and **Stage 2 (approx 7-9 months)** for children who are more established and are able to cope with soft lumps, this will be a mash consistency.

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Lunch	Lunch	Lunch	Lunch
Stage 1	Stage 1	Stage 1	Stage 1	Stage 1
Butternut squash and broccoli purée Pear	Carrot and cabbage purée Peach and apricot	Potato and mixed vegetables purée Banana	Avocado Apple	Mixed Vegetable purée Fruit purée
Stage 2	Stage 2	Stage 2	Stage 2	Stage 2
Tuna pasta bake with sweetcorn and peas Pear	Lamb shepherd's pie with carrots and cabbage Peach and apricot with natural yoghurt	Herb crusted Pollock served with parsley sauce potatoes and green beans and sweetcorn Bananas with custard	Chickpea and vegetable curry with broccoli. Served with rice and naan bread Fruit yoghurts with red and green grapes	Chicken and vegetable Chow Mein Fruit purée
Tea	Tea	Tea	Tea	Tea
Stage 1	Stage 1	Stage 1	Stage 1	Stage 1
Sweet potato and spinach purée Berry and apple	Tomato and pepper purée Pears	Carrot and parsnip purée Apricot	Mixed vegetable purée Mango	Potato and green vegetable purée Pear
Stage 2	Stage 2	Stage 2	Stage 2	Stage 2
Chicken, sweet potato and spinach purée Berry and apple	Tomato and chicken pasta bake Pear	Lamb, carrot and parsnip purée Apricot	Chicken and mixed vegetable purée Mango	Tuna and potato in a white sauce with green vegetables Pear
Finger Foods	Finger Foods	Finger Foods	Finger Foods	Finger Foods
Wholemeal bread	Vegetable sticks	Fruit fingers	Wholemeal bread	Fruit fingers