

## Baby Department Menu - Week 3 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
<p><b>Lunch</b></p> <p><span style="color: blue;">Stage 1</span></p> <p>Avocado Pear</p> <p><span style="color: green;">Stage 2</span></p> <p>Roast chicken and mashed potato with gravy and peas Pear</p> <p><b>Tea</b></p> <p><span style="color: blue;">Stage 1</span></p> <p>Parsnip and carrot purée Apricot and apple</p> <p><span style="color: green;">Stage 2</span></p> <p>Tuna, parsnip and carrot purée Apricot and apple</p> <p>Finger Foods Vegetable sticks</p>	<p><b>Lunch</b></p> <p><span style="color: blue;">Stage 1</span></p> <p>Potato, cauliflower and carrot purée Apple</p> <p><span style="color: green;">Stage 2</span></p> <p>Vegetable and bean cottage pie with carrots and cauliflower Apple and custard</p> <p><b>Tea</b></p> <p><span style="color: blue;">Stage 1</span></p> <p>Tomato and vegetable purée Banana</p> <p><span style="color: green;">Stage 2</span></p> <p>Spaghetti with tomato and red lentil sauce with grated cheese Banana</p> <p>Finger Foods Vegetable sticks</p>	<p><b>Lunch</b></p> <p><span style="color: blue;">Stage 1</span></p> <p>Mixed vegetable purée Apricot</p> <p><span style="color: green;">Stage 2</span></p> <p>Thai green chicken curry with wholegrain rice, sweetcorn and naan bread Fruit yoghurts with red and green grapes</p> <p><b>Tea</b></p> <p><span style="color: blue;">Stage 1</span></p> <p>Sweet potato and spinach purée Fruit purée</p> <p><span style="color: green;">Stage 2</span></p> <p>Mixed bean, sweet potato and spinach purée Fruit purée</p> <p>Finger Foods Fruit fingers</p>	<p><b>Lunch</b></p> <p><span style="color: blue;">Stage 1</span></p> <p>Potato, broccoli and green bean purée Peach</p> <p><span style="color: green;">Stage 2</span></p> <p>Salmon in a parsley sauce with new potatoes, green beans and broccoli Peach purée and natural yoghurt</p> <p><b>Tea</b></p> <p><span style="color: blue;">Stage 1</span></p> <p>Swede and pea purée Pear</p> <p><span style="color: green;">Stage 2</span></p> <p>Chicken, swede and pea purée Pear</p> <p>Finger Foods Wholemeal bread</p>	<p><b>Lunch</b></p> <p><span style="color: blue;">Stage 1</span></p> <p>Butternut squash and broccoli purée Apple and berries</p> <p><span style="color: green;">Stage 2</span></p> <p>Beef lasagne with peas Apple and berry purée and custard</p> <p><b>Tea</b></p> <p><span style="color: blue;">Stage 1</span></p> <p>Mixed vegetable purée Mango purée</p> <p><span style="color: green;">Stage 2</span></p> <p>Chickpea and vegetable purée Mango</p> <p>Finger Foods Wholemeal bread</p>