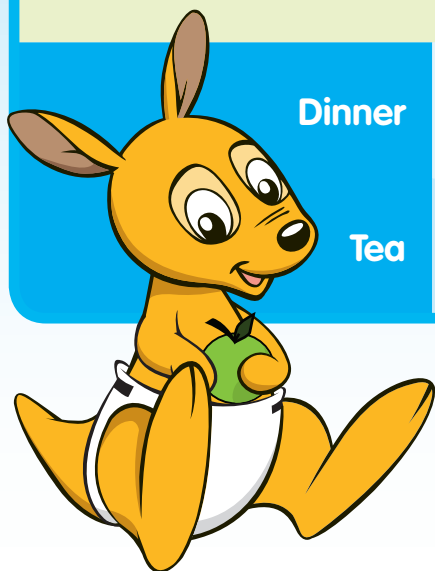


# BABY WEANING MENU

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>4 months old (Stage 1)</b>					
<b>Dinner</b>	Carrot Purée Banana Purée	Broccoli Purée Fruit Purée	Green Bean Purée Banana Purée	Sweet Potato Purée Apple Purée	Swede Purée Mango Purée
<b>Tea</b>	Pea Purée Apple Purée	Parsnip Purée Papaya Purée	Cauliflower Purée Apricot Purée	Butternut Squash Purée Pear Purée	Courgette Purée Banana Purée
<b>5-6 Months Old (Stage 2)</b>					
<b>Dinner</b>	<b>Carrot &amp; Potato</b> Banana Custard	<b>Broccoli &amp; Potato</b> Fruit Purée & Yoghurt	<b>Green Beans &amp; Pasta</b> Banana Custard	<b>Sweet Potato &amp; Rice</b> Apple Purée	<b>Sweet Potato</b> Mango Purée
<b>Tea</b>	<b>Peas with Rice</b> Apple	<b>Parsnip with Pasta</b> Papaya	<b>Cauliflower with Potato</b> Apricot Purée	<b>Butternut Squash with Potato</b> Pear	<b>Courgette with Rice</b> Banana
<b>7 month old (Stage 3 - Finger foods to be offered Lunch &amp; Tea)</b>					
<b>Dinner</b>	<b>Carrot, Potato &amp; Beef</b> Banana Custard	<b>Broccoli, Potato &amp; Turkey</b> Fruit Purée & Yoghurt	<b>Green Beans &amp; Cheese Pasta</b> Pear	<b>Sweet Potato, Chicken &amp; Rice</b> Apple	<b>Sweet Potato &amp; Salmon</b> Mango
<b>Tea</b>	<b>Peas with Rice &amp; Cheese</b> Apple	<b>Parsnip with Tuna &amp; Pasta</b> Papaya	<b>Cauliflower with Potato &amp; Ham</b> Apricot	<b>Potato &amp; Beans</b> Pear	<b>Courgette with Rice &amp; Cheese</b> Banana Purée



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Menu produced under the guidance of a Registered Dietician

# BABY WEANING MENU

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
4 months old (Stage 1)					
<b>Dinner</b>	Courgette Purée Peach Purée	Carrot Purée Banana Purée	Sweet Potato Purée Apple Purée	Broccoli Purée Pear Purée	Swede Purée Banana Purée
<b>Tea</b>	Parsnip Purée Pear Purée	Cauliflower Purée Papaya Purée	Pea Purée Banana Purée	Butternut Squash Purée Mango Purée	Green Beans Purée Apple Purée
5-6 Months Old (Stage 2)					
<b>Dinner</b>	<b>Courgette &amp; Potatoes</b> Peaches	<b>Carrot &amp; Potato</b> Macaroni Pudding	<b>Sweet Potato &amp; Rice</b> Apple Custard	<b>Broccoli &amp; Pasta</b> Pear	<b>Swede &amp; Potato</b> Fruit Yoghurt
<b>Tea</b>	<b>Parsnip &amp; Potato</b> Pear	<b>Cauliflower Cheese</b> Papaya	<b>Peas &amp; Tomatoes</b> Banana	<b>Butternut Squash &amp; Pasta</b> Mango	<b>Green Beans &amp; Pasta</b> Apple
7 month old (Stage 3 - Finger foods to be offered Lunch & Tea)					
<b>Dinner</b>	<b>Courgette with Potatoes &amp; Cheese</b> Peaches	<b>Carrot with Potato &amp; Ham</b> Macaroni Pudding	<b>Sweet Potato with Rice &amp; Chicken</b> Apple Custard	<b>Broccoli with Tuna &amp; Pasta</b> Pear	<b>Swede with Green Beans and Beef</b> Fruit Yoghurt
<b>Tea</b>	<b>Parsnip with Potato &amp; Salmon</b> Pear	<b>Cauliflower Cheese with Pasta</b> Papaya	<b>Peas with Tomatoes &amp; Lentils</b> Banana	<b>Butternut Squash with Pasta &amp; Cheese</b> Mango	<b>Green Beans with Pasta &amp; Cheese</b> Apple



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# BABY WEANING MENU

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>4 months old (Stage 1)</b>					
<b>Dinner</b>	Butternut Squash Purée Pear Purée	Carrot Purée Apple Purée	Green Bean Purée Fruit Purée	Courgette Purée Banana Purée	Broccoli Purée Mango Purée
<b>Tea</b>	Swede Purée Papaya Purée	Parsnip Purée Banana Purée	Sweet Potato Purée Pear Purée	Cauliflower Purée Apple Purée	Pea Purée Pear Purée
<b>5-6 Months Old (Stage 2)</b>					
<b>Dinner</b>	<b>Butternut Squash &amp; Red Pepper</b> Pear	<b>Carrot, Tomato &amp; Pasta</b> Apple	<b>Green Beans, Carrot &amp; Potato</b> Fruit Yoghurt	<b>Courgette, Carrot &amp; Potato</b> Rice Pudding	<b>Broccoli &amp; Swede</b> Mango with Custard
<b>Tea</b>	<b>Swede &amp; Potato</b> Papaya	<b>Parsnip &amp; Sweet Potato</b> Banana	<b>Sweet Potato &amp; Carrot</b> Pear	<b>Cauliflower Cheese</b> Apple	<b>Peas &amp; Pasta</b> Pear
<b>7 month old (Stage 3 - Finger foods to be offered Lunch &amp; Tea)</b>					
<b>Dinner</b>	<b>Butternut Squash with Red Pepper &amp; Salmon</b> Pear	<b>Carrot, Tomato &amp; Pasta with Chicken</b> Apple Sponge & Custard	<b>Green Beans, Carrot &amp; Potato with Lamb</b> Fruit Yoghurt	<b>Veggie Moussaka</b> Rice Pudding	<b>Broccoli, Swede &amp; Potato with Turkey</b> Mango with Custard
<b>Tea</b>	<b>Swede &amp; Potato with Ham</b> Papaya	<b>Parsnip, Potato &amp; Cheese</b> Banana	<b>Sweet Potato &amp; Carrot with Bread Roll</b> Pear	<b>Cauliflower Cheese</b> Apple	<b>Peas &amp; Pasta with Tuna</b> Pear



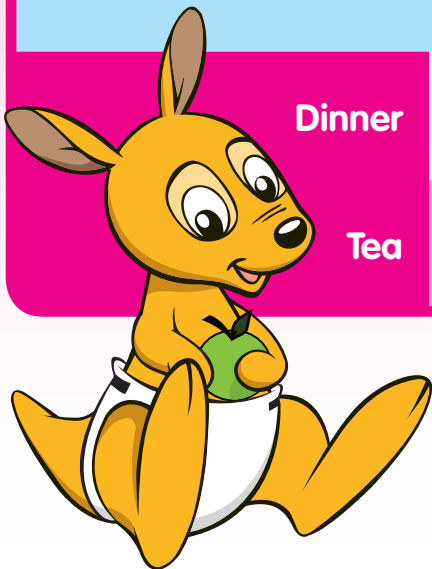
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# BABY WEANING MENU

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
4 months old (Stage 1)					
<b>Dinner</b>	Green Bean Purée Peach Purée	Broccoli Purée Apple Purée	Carrot Purée Fruit Purée	Swede Purée Apricot Purée	Courgette Purée Apple Purée
<b>Tea</b>	Cauliflower Purée Pear Purée	Sweet Potato Purée Banana Purée	Butternut Squash Purée Mango Purée	Green Bean Purée Papaya Purée	Parsnip Purée Banana Purée
5-6 Months Old (Stage 2)					
<b>Dinner</b>	<b>Green Beans, Swede &amp; Potato</b> Peaches	<b>Broccoli, Tomato &amp; Potato</b> Apple	<b>Carrot &amp; Pasta</b> Fruit Yoghurt	<b>Swede &amp; Potato</b> Semolina & Apricot	<b>Courgette, Couscous &amp; Tomato</b> Apple Custard
<b>Tea</b>	<b>Cauliflower Cheese</b> Pear	<b>Sweet Potato &amp; Red Pepper</b> Banana	<b>Butternut Squash &amp; Potato</b> Mango	<b>Green Beans &amp; Pasta</b> Papaya	<b>Parsnip &amp; Potato</b> Banana
7 month old (Stage 3 - Finger foods to be offered Lunch & Tea)					
<b>Dinner</b>	<b>Green Beans, Swede &amp; Potato with Pork</b> Peaches	<b>Broccoli, Tomato &amp; Potato with Haddock</b> Apple	<b>Carrot, Tomato &amp; Pasta with Beef</b> Fruit Yoghurt	<b>Swede &amp; Potato with Lamb</b> Semolina & Apricot	<b>Ratatouille with Couscous</b> Apple Custard
<b>Tea</b>	<b>Cauliflower Cheese with Pasta</b> Pear	<b>Sweet Potato &amp; Red Pepper with Chicken</b> Banana	<b>Butternut Squash &amp; Potato</b> Mango	<b>Green Beans &amp; Pasta with Ham</b> Papaya	<b>Parsnip &amp; Potato with Salmon</b> Banana



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# BABY WEANING MENU

Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
<b>4 months old (Stage 1)</b>					
<b>Dinner</b>	Butternut Squash Purée Apple Purée	Cabbage Purée Pineapple Purée	Swede Purée Banana Purée	Green Bean Purée Fruit Purée	Parsnip Purée Pear Purée
<b>Tea</b>	Broccoli Purée Pear Purée	Sweet Potato Purée Mango Purée	Pea Purée Papaya Purée	Courgette Purée Apple Purée	Cauliflower Purée Apricot Purée
<b>5-6 Months Old (Stage 2)</b>					
<b>Dinner</b>	<b>Butternut Squash &amp; Rice</b> Apple	<b>Cabbage &amp; Carrot</b> Pineapple	<b>Swede &amp; Potato</b> Banana	<b>Green Beans, Swede &amp; Potato</b> Fruit & Plain Yoghurt	<b>Tomato, Spinach &amp; Pasta</b> Pears & Custard
<b>Tea</b>	<b>Broccoli &amp; Potato</b> Pear	<b>Sweet Potato &amp; Swede</b> Mango	<b>Peas, Tomato &amp; Pasta</b> Apricot Purée	<b>Courgette &amp; Carrot</b> Apple	<b>Cauliflower Cheese with Potato</b> Apricot
<b>7 month old (Stage 3 - Finger foods to be offered Lunch &amp; Tea)</b>					
<b>Dinner</b>	<b>Butternut Squash &amp; Rice with Lentils</b> Apple	<b>Cabbage &amp; Carrot with Beef</b> Pineapple	<b>Swede &amp; Potato with Tuna</b> Banana	<b>Green Beans, Swede &amp; Potato with Chicken</b> Fruit & Plain Yoghurt	<b>Tomato, Spinach &amp; Pasta with Ham</b> Pears & Custard
<b>Tea</b>	<b>Broccoli &amp; Potato with Salmon</b> Pear	<b>Sweet Potato, Swede &amp; Cheese</b> Mango	<b>Peas, Tomato &amp; Pasta</b> Papaya	<b>Courgette &amp; Carrot</b> Apple	<b>Cauliflower Cheese with Potato</b> Apricot



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