



WEEK ONE MENU BABIES 6 -12 MONTHS

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast
Morning Snack	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water
Lunch	Poached Cod in Cheese Sauce with Steamed Vegetables Fruit Puree	Beef and bean casserole Fruit Puree	Chicken Risotto Fruit Puree	Turkey and Vegetable Casserole Fruit Puree	Pork and apple Dinner Fruit Puree
Afternoon Tea	Spring Vegetable Risotto Fromage Frais	Country Chicken and Vegetables Fromage Frais	Lamb Bolognaise Fromage Frais	Lentil and Root Vegetable Bake Fromage Frais	Salmon and Broccoli Bake Fromage Frais

Occasionally dishes may change to accommodate deliveries and seasonal availability of fresh food

From 4-6 Months. When babies are ready to wean on to solid food we offer a selection of baby cereal, pureed fruits, vegetables, and baby rice, then introduce protein and other cereals when parents advise. More texture, chopped and finger foods are introduced when baby and parents are ready, working towards the typical menus above.



WEEK TWO MENU BABIES 6 -12 MONTHS

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast
Morning Snack	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water
Lunch	Pork and Vegetable Casserole Fruit Puree	Beef Cottage Pie Fruit Puree	Turkey and Courgette Dinner Fruit Puree	Chicken Risotto Fruit Puree	Fisherman's Pie Fruit Puree
Afternoon Tea	Roast Chicken Dinner Fromage Frais	Creamy Tuna on Baked Potato Fromage Frais	Mixed bean and Vegetable Medley Fromage Frais	Cauliflower and Broccoli Cheese With Ham Fromage Frais	Lamb and Tomato Hotpot Fromage Frais

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WEEK THREE MENU BABIES 6 -12 MONTHS

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast
Morning Snack	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water
Lunch	Beef and bean casserole Fruit Puree	Roast Chicken Dinner Fruit Puree	Fisherman's Pie Fruit Puree	Spaghetti with Tomato and Vegetable Sauce Fruit Puree	Shepherd's Pie Fruit Puree
Afternoon Tea	Lamb and tomato Hot pot Fromage Frais	Lentil and Root Vegetable Bake Fromage Frais	Spring Vegetable Risotto Fromage Frais	Turkey and Vegetable Casserole Fromage Frais	Pork and Apple Dinner Fromage Frais

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WEEK FOUR MENU BABIES 6-12 MONTHS

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast	Choice of Cereal and Toast
Morning Snack	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water	Fresh Fruit and Milk or Water
Lunch	Penne Pasta with Tomato and Spinach Fruit puree	Pork and Vegetable Casserole Fruit puree	Savory lamb and Butter Beans Fruit Puree	Fisherman's Pie Fruit Puree	Country Chicken and Vegetables Fruit Puree
Afternoon Tea	Chicken and sweet potato Fromage Frais	Mixed bean and Vegetable Medley Fromage Frais	Beef and Vegetable Casserole Fromage Frais	Butternut Squash and Pea Risotto Fromage Frais	Spaghetti with Tomato and Vegetable Sauce Fromage Frais

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