

Winter Weaning Menu

Week 1 Weaning menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast will consist of rice porridge & green banded cereal, fruit puree/mash & plain yogurt, suitable toasted product for finger food.				
Vegan	All breakfast products will be dairy free and suitable for the required age groups				
Drinks	Milk will not be offered as a main drink until the child reaches 1 year, freshly boiled & cooled tap water will be offered and available throughout the day, along with Breast/formula milk.				
Stage 1 lunch	Butternut squash	Butter Bean	Red pepper	Spinach	Sweet potato
Stage 2 lunch 1st course	Butternut and bean wholegrain rice  	Pork pasta tomato	Chicken, mushroom potato & green beans	Lamb with spinach & potato	Salmon Broccoli pasta
		Vegan mince pasta tomato  	Lentil mushroom potato & green beans  	Lentil with spinach & potato  	Vegan Quorn broccoli & pasta  
Stage 2 Lunch 2nd course	Softened Apple fingers  	Stewed fruit & custard 	Honeydew melon fingers  	Fruit mash & plain yogurt 	Baked pineapple  
		Stewed fruit & Dairy free custard 		Fruit mash & Plain Plant based Yogurt 	
Stage 1 Tea	Lentil	Avocado	Broccoli	Swede	Peas
Stage 2 Tea 1st course	Soup of the day No Stock   served with flat bread fingers for finger food	Baked vegetable & potato frittata 	Tuna & red pepper sweetcorn wholemeal pasta	Chicken rice & swede	Pea potato lentil  
		Vegetable melody with bean  	Tofu sweetcorn red paper & pasta  	Lentil rice & swede  	
Stage 1 and 2 Tea 2nd course	Banana  	Fruit of the day  	Fruit with plain yogurt 	Melon slices  	Stewed fruit & custard 
			Fruit plant based plain yogurt 		Stewed fruit & plant-based custard 

Winter Weaning Menu

Week 2 Weaning menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast will consist of rice porridge & green banded cereal, fruit puree/mash & plain yogurt, suitable toasted product for finger food.				
Vegan	All breakfast products will be dairy free and suitable for the required age groups				
Drinks	Milk will not be offered as a main drink until the child reaches 1 year, freshly boiled & cooled tap water will be offered and available throughout the day, along with Breast/formula milk.				
Stage 1 lunch	Cabbage	cauliflower	Courgette	Carrot	Sweet potato
Stage 2 lunch 1st course	Pork potato & cabbage	Chicken potato & green beans	Lamb courgette rice noodles	Salmon carrot & cous cous	Salmon Broccoli pasta
	Lentil potato cabbage  	Vegan Quorn potato green beans  	Vegan mince   courgette rice noodles	Lentil carrot & cous cous  	Vegan Quorn broccoli & pasta  
Stage 2 Lunch 2nd course	Semolina with mashed blueberries 	Stewed fruit & custard 	Banana fingers  	Fruit mash & plain yogurt 	Baked pineapple  
	Dairy free semolina & blueberry 	Stewed fruit & Dairy free custard 		Fruit mash & Plain Plant based Yogurt 	
Stage 1 Tea	Bean	Avocado	Broccoli	Sweet potato	Peas
Stage 2 Tea 1st course	Bean tomato and wholemeal pasta  	Tuna rice avocado	Broccoli potato & chicken	Pork sweet potato tomato	Pea potato lentil  
		Lentil rice and avocado  	Broccoli Tofu potato  	Bean sweet potato tomato  	
Stage 1 and 2 Tea 2nd course	Pear  	Fruit of the day  	Fruit & plain yogurt 	Stewed fruit  	Stewed fruit & custard  
			Fruit plant based plain yogurt 		Stewed fruit & plant-based custard 

Winter Weaning Menu

Week 3 Weaning menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast will consist of rice porridge & green banded cereal, fruit puree/mash & plain yogurt, suitable toasted product for finger food.				
Vegan	All breakfast products will be dairy free and suitable for the required age groups				
Drinks	Milk will not be offered as a main drink until the child reaches 1 year, freshly boiled & cooled tap water will be offered and available throughout the day, along with Breast/formula milk.				
Stage 1 lunch	courgette	Swede	Sweet potato	Lentil	Aubergine
Stage 2 lunch 1st course	Tuna courgette wholemeal pasta	Pork potato swede & green beans	Chicken sweet potato tomato	Lentil vegetable melody with rice  	Lamb tomato aubergine potato
	Bean courgette & wholemeal pasta  	Vegan Quorn potato swede green beans  	Chickpea sweet potato tomato  		Vegan mince tomato aubergine & potato  
Stage 2 Lunch 2nd course	Peaches & vanilla sauce 	Rice pudding with fruit 	Softened Pear fingers  	Fruit mash & plain yogurt 	Mango  
	Dairy free Peaches & vanilla sauce 	Dairy free rice pudding with fruit 		Fruit mash & Plain Plant based Yogurt 	
Stage 1 Tea	Sweet potato	Butternut squash	Broccoli	Carrot	Red pepper
Stage 2 Tea 1st course	Sweet potato pea & cheddar 	Butternut squash rice lentil  	Broccoli potato bean  	Bean carrot potato  	Red pepper chicken & pasta
	Sweet potato pea Violife cheese 				Red pepper lentil & pasta  
Stage 1 and 2 Tea 2nd course	Fruit of the day  	Banana  	Stewed Fruit with custard 	Apple & cinnamon mash  	Stewed fruit & custard 
			Stewed fruit with dairy free custard 		Stewed fruit & plant-based custard 

Winter Weaning Menu

Week 4 Weaning menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast will consist of rice porridge & green banded cereal, fruit puree/mash & plain yogurt, suitable toasted product for finger food.				
Vegan	All breakfast products will be dairy free and suitable for the required age groups				
Drinks	Milk will not be offered as a main drink until the child reaches 1 year, freshly boiled & cooled tap water will be offered and available throughout the day, along with Breast/formula milk.				
Stage 1 lunch	Red pepper	Carrot	Aubergine	Sprouts	Lentil
Stage 2 lunch 1st course	Chicken Red pepper edamame bean & brown rice	Lamb potato carrot mint	Bean pasta aubergine & cheese 	Turkey potato carrot & sprout	Lentil tomato mushroom potato  
	Red pepper edamame bean & brown rice  	Vegan mince potato carrot & mint  	Bean pasta aubergine & dairy free cheese 	Bean potato carrot & sprout  	
Stage 2 Lunch 2nd course	Cheese & blueberry bake 	Stewed fruit  	Coconut & pear semolina 	Fruit mash & plain Greek yogurt 	Banana  
	Dairy free blueberry bake 		Dairy free Coconut & pear semolina 	Fruit mash & Plain Plant based Yogurt 	
Stage 1 Tea	Broccoli	lentil	Pumkin	Red Cabbage	Bean
Stage 2 Tea 1st course	Salmon broccoli potato	Vegetable lentil & rice  	Pumpkin potato cream cheese 	Lamb red cabbage & rice	Bean tofu vegetable pasta  
	Vegan Quorn broccoli potato  		Pumpkin potato Tofu 	Chickpea red cabbage & rice  	
Stage 1 and 2 Tea 2nd course	Mandarin segments  	Fruit with plain yogurt 	Melon fingers  	Soften Pear  	Stewed fruit & custard 
		Fruit plant based plain yogurt 			Stewed fruit & plant-based custard 

Winter Weaning Menu No Pork

Week 1 Weaning menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast will consist of rice porridge & green banded cereal, fruit puree/mash & plain yogurt, suitable toasted product for finger food.				
Vegan	All breakfast products will be dairy free and suitable for the required age groups				
Drinks	Milk will not be offered as a main drink until the child reaches 1 year, freshly boiled & cooled tap water will be offered and available throughout the day, along with Breast/formula milk.				
Stage 1 lunch	Butternut squash	Butter Bean	Red pepper	Spinach	Sweet potato
Stage 2 lunch 1st course	Butternut and bean wholegrain rice 	lamb pasta tomato	Chicken, mushroom potato & green beans	Lamb with spinach & potato	Salmon Broccoli pasta
		Vegan mince pasta tomato 	Lentil mushroom potato & green beans 	Lentil with spinach & potato 	Vegan Quorn broccoli & pasta 
Stage 2 Lunch 2nd course	Softened Apple fingers 	Stewed fruit & custard 	Honeydew melon fingers 	Fruit mash & plain yogurt 	Baked pineapple 
		Stewed fruit & Dairy free custard 		Fruit mash & Plain Plant based Yogurt 	
Stage 1 Tea	Lentil	Avocado	Broccoli	Swede	Peas
Stage 2 Tea 1st course	Soup of the day No Stock  served with flat bread & soften carrot or parsnip fingers	Baked vegetable & potato frittata 	Tuna & red pepper sweetcorn wholemeal pasta	Chicken rice & swede with broccoli florets	Pea potato lentil 
		Vegetable melody with bean 	Tofu sweetcorn red paper & pasta 	Lentil rice & swede with broccoli florets 	
Stage 1 and 2 Tea 2nd course	Banana 	Fruit of the day 	Fruit with plain yogurt 	Melon slices 	Stewed fruit & custard 
			Fruit plant based plain yogurt 		Stewed fruit & plant-based custard 

Winter Weaning Menu No Pork

Week 2 Weaning menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast will consist of rice porridge & green banded cereal, fruit puree/mash & plain yogurt, suitable toasted product for finger food.				
Vegan	All breakfast products will be dairy free and suitable for the required age groups				
Drinks	Milk will not be offered as a main drink until the child reaches 1 year, freshly boiled & cooled tap water will be offered and available throughout the day, along with Breast/formula milk.				
Stage 1 lunch	Cabbage	cauliflower	Courgette	Carrot	Sweet potato
Stage 2 lunch 1st course	Turkey potato & cabbage	Chicken potato & green beans	Lamb courgette rice noodles	Salmon carrot & cous cous	Salmon Broccoli pasta
	Lentil potato cabbage 	Vegan Quorn potato green beans 	Vegan mince  courgette rice noodles	Lentil carrot & cous cous 	Vegan Quorn broccoli & pasta 
Stage 2 Lunch 2nd course	Semolina with mashed blueberries 	Stewed fruit & custard 	Banana fingers 	plain yogurt & crushed berries 	Baked pineapple 
	Dairy free semolina & blueberry 	Stewed fruit & Dairy free custard 		Plain Plant based Yogurt crushed berries 	
Stage 1 Tea	Bean	Avocado	Broccoli	Sweet potato	Peas
Stage 2 Tea 1st course	Bean tomato and wholemeal pasta 	Tuna rice avocado with steamed pepper fingers	Broccoli potato & chicken	Venison sweet potato tomato	Pea potato and egg frittata finger 
		Lentil rice and avocado with steamed pepper fingers 	Broccoli Tofu potato 	Bean sweet potato tomato 	
Stage 1 and 2 Tea 2nd course	Pear 	Fruit of the day 	Fruit & plain yogurt 	Stewed fruit 	Stewed fruit & custard 
			Fruit plant based plain yogurt 		Stewed fruit & plant-based custard 

Winter Weaning Menu No Pork

Week 3 Weaning menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast will consist of rice porridge & green banded cereal, fruit puree/mash & plain yogurt, suitable toasted product for finger food.				
Vegan	All breakfast products will be dairy free and suitable for the required age groups				
Drinks	Milk will not be offered as a main drink until the child reaches 1 year, freshly boiled & cooled tap water will be offered and available throughout the day, along with Breast/formula milk.				
Stage 1 lunch	courgette	Swede	Sweet potato	Lentil	Aubergine
Stage 2 lunch 1st course	Tuna courgette wholemeal pasta	lamb potato swede & green beans	Chicken sweet potato tomato	Lentil vegetable melody with rice  	Lamb tomato aubergine potato
	Bean courgette & wholemeal pasta  	Vegan Quorn potato swede green beans  	Chickpea sweet potato tomato  		Vegan mince tomato aubergine & potato  
Stage 2 Lunch 2nd course	Peaches & vanilla sauce 	Rice pudding with pear & apricot 	Softened Pear fingers  	Fruit mash & plain yogurt 	Mango  
	Dairy free Peaches & vanilla sauce 	Dairy free rice pudding with pear & apricot 		Fruit mash & Plain Plant based Yogurt 	
Stage 1 Tea	Sweet potato	Butternut squash	Broccoli	Carrot	Red pepper
Stage 2 Tea 1st course	Sweet potato pea & cheddar 	Butternut squash rice lentil  	Broccoli potato salmon  	Bean carrot potato with broccoli florets  	Red pepper chicken & pasta
	Sweet potato pea Violife cheese 				Red pepper lentil & pasta  
Stage 1 and 2 Tea 2nd course	Fruit of the day  	Banana  	Stewed Fruit with custard 	Apple & cinnamon mash  	Stewed fruit & custard 
			Stewed fruit with dairy free custard 		Stewed fruit & plant-based custard 

Winter Weaning Menu No Pork

Week 4 Weaning menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast will consist of rice porridge & green banded cereal, fruit puree/mash & plain yogurt, suitable toasted product for finger food.				
Vegan	All breakfast products will be dairy free and suitable for the required age groups				
Drinks	Milk will not be offered as a main drink until the child reaches 1 year, freshly boiled & cooled tap water will be offered and available throughout the day, along with Breast/formula milk.				
Stage 1 lunch	Red pepper	Carrot	Aubergine	Sprouts	Lentil
Stage 2 lunch 1st course	Chicken Red pepper edamame bean & brown rice	Lamb potato carrot mint	Bean pasta aubergine & cheese with soft pepper fingers 	Turkey potato carrot & sprout	Lentil tomato mushroom potato 
	Red pepper edamame bean & brown rice  	Vegan mince potato carrot & mint  	Bean pasta aubergine & dairy free cheese with soft pepper fingers 	Bean potato carrot & sprout  	
Stage 2 Lunch 2nd course	Cheese & blueberry bake 	Stewed fruit  	Coconut & pear semolina 	Soft fruit fingers plain Greek yogurt 	Banana  
	Dairy free blueberry bake 		Dairy free Coconut & pear semolina 	Soft fruit fingers & Plain Plant based Yogurt 	
Stage 1 Tea	Broccoli	lentil	Pumkin	Red Cabbage	Bean
Stage 2 Tea 1st course	Salmon broccoli potato	Vegetable lentil & rice  	Pumpkin potato cream cheese 	Lamb red cabbage & rice	Bean tofu vegetable pasta  
	Vegan Quorn broccoli potato  		Pumpkin potato Tofu 	Chickpea red cabbage & rice  	
Stage 1 and 2 Tea 2nd course	Mandarin segments  	Fruit with plain yogurt 	Melon fingers  	Soften Pear  	Stewed fruit & custard 
		Fruit plant based plain yogurt 			Stewed fruit & plant-based custard 

