

Spring / summer menu weaning week 1

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Carrot Banana	Green Beans Pear	Courgette Melon	Potato Apple	Butternut Squash Peach
Stage 2 Coursier texture	Sweet Potato and Carrot Mash with Broccoli Florets Banana	Green beans, Parsley Potatoes and Carrots Pear	Vegetable Bolognese with Pasta Melon G	Cheese and Mixed Vegetable Frittata with Potato Salad Apple and Yoghurt E MU DA	Butter Bean and Mixed Vegetable Stew Peach
Stage 3 Mixed Foods, minced/chopped	Mild Mexican Mixed Bean Chilli with Broccoli Banana MU	Linda McCartney Mince with Potatoes and Vegetable Pear SY G	Vegetable Bolognese with Pasta Melon G	Cheese and Mixed Vegetable Frittata with Potato Salad Apple and Yoghurt E MU DA	Butter Bean and Mixed Vegetable Stew Peach

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Cauliflower Apple	Swede Mango	Sweet Potato Banana	Parsnip Pear	Carrot Plum
Stage 2 Coursier texture / soft Finger Foods	Tomato and Lentil Soup Apple DA	Bread Fingers with Cheese and Cucumber Sticks Mango DA G SY	Potato with Hummus and Carrot Banana SU	Minitroni Soup Pear CE SU G	Egg Finger Sandwiches with Grated Carrot Plum G SY E MU
Stage 3 Mixed Foods, minced/chopped	Tomato and Lentil Soup with Bread Fingers Apple G SY DA	Egg and Cress Pitta Fingers Mango E MU G	Potato with Hummus and Carrot Banana SU	Minitroni Soup Pear CE SU G	Egg Finger Sandwiches with Grated Carrot Plum G SY E MU

Allergen Codes

GLUTEN – G, EGG – E, FISH – F, NUTS – N, PEANUTS – PN, SOYA – SY, DAIRY – DA, CELERY – CE, MUSTARD – MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELL FISH – SF (Crustaceans and Molluscs)

Spring / summer menu weaning week 2

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Cauliflower Apple	Spring greens Melon	Courgette Pear	Sweet Potato Mango	Carrot Banana
Stage 2 Coursier texture	Mixed bean casserole with Mash and Cauliflower Apple MU SU CE	Bubble and Squeak or stage 3 Melon G CE SY	Chickpea and Vegetable Pasta Bake Raspberry Semolina SU G DA	Rice and Vegetables or Stage 3 Mango G SU MU	Tofu, Potatoes and Carrots Banana SY
Stage 3 Mixed Foods, minced/chopped	Mixed Bean Casserole with Mash and Cauliflower Apple CE MU SU	Linda McCartney Savoury Mince with Boiled Potatoes and Spring Greens Melon SY CE G	Chickpea and Vegetable Pasta Bake Raspberry Semolina G DA SU	Mild Chana Masala Curry Mango SU G MU	Tofu, Potatoes and Carrots Banana SY

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Carrot Banana	Swede Peach	Avocado Plum	Pea Apple	Parsnip Melon
Stage 2 Coursier texture / soft Finger Foods	Cheese Finger Sandwiches with Cucumber Sticks Banana DA SE G	Swede and Carrot Wedges or Stage 3 Peach and Yogurt DA SY G	Soft Vegetable Sticks with Hummus Plum SU	Rainbow Vegetable or Margherita Pizza Fingers Apple DA SY G SE	Cheese Savoury Finger Sandwiches or Egg and Tomato Sandwich Fingers Melon DA SY G MU E
Stage 3 Mixed Foods, minced/chopped	Kidney Bean & Cream Cheese Bagel and Cucumber Sticks Banana SY SE	Reduced Salt and Sugar Beans with Toast Triangles Peach and Yogurt DA SY G	Egg Mayonnaise Wraps Or Cheese Wraps With Tomato Wedges Plum DA MU G E	Rainbow Vegetable or Margherita Pizza Fingers Apple DA SY G SE	Cheese Savoury or Egg and Tomato Sandwiches with Grated Carrot Melon DA SY G MU E

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MUSTARD – MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELL FISH – SF (Crustaceans and Molluscs)

Spring / summer menu weaning week 3

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Spring greens Apple	Swede Banana	Parsnip Pear	Sweet potato Melon	Broccoli Mango
Stage 2 Coursier texture	Potato and Spring Greens or Stage 3 Apple CE	Mushroom and Butterbean Chasseur, Swede and Carrot Banana	Broccoli, Potato and Carrot or Stage 3 Pear G SU DA	Vegetarian Sausage and Root Veg Mash Melon G	Cannellini Bean and Vegetable Pasta Bake Mango DA G SU
Stage 3 Mixed Foods, minced/chopped	Vegetable and Lentil Savoury Mince and New Potatoes with Spring Greens Mixed Fruit Pot CE	Mushroom and Butterbean Chasseur, Swede and Carrot Banana	Shepherdess Pie with Carrots and Broccoli Yoghurt with Blueberry puree G SU DA	Vegetarian Sausage and Root Veg Mash Yoghurt and Raspberries DA G	Cannellini Bean and Vegetable Pasta Bake Mango DA G SU

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Butternut squash Plum	Carrot Melon	Cauliflower Apple	Courgette Peach	Parsnip Banana
Stage 2 Coursier texture / soft Finger Foods	Soft Butternut Squash Wedges with Cheese Plum DA	Soft Carrot and Potato Wedges with Hummus Melon SU	Cauliflower Mac & Cheese Apple DA G	Egg Sandwich Fingers with Cucumber Peach E G SY MU	Toast Fingers or Muffin With Soft Parsnip and Butternut Squash Wedges Banana G SY DA SE
Stage 3 Mixed Foods, minced/chopped	Cheese Panini Fingers with Nursery Salad Plum MU DA G SE	Cous Cous Summer Salad Melon MU G SU	Cauliflower Mac & Cheese Florida Fruit Cocktail DA G	Egg sandwich Fingers with Cucumber Peach E G SY MU	Bbq Mixed Bean and Pepper Topped Muffin Banana G SY DA SE MU

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Spring / summer menu weaning week 4

Lunchtime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Potato Apple	Butternut Squash Peach	Broccoli Banana	Green Beans Pear	Courgette Melon
Stage 2 Coursier texture	Vegetable Bolognese Apple and yoghurt G DA	Cheese and Mixed Vegetable Frittata with Potato Salad Peach E DA MU	Butter Bean and Mixed Vegetable Stew Banana	Sweet Potato and Carrot Mash with Broccoli Pear	Vegetable Casserole with Potatoes Melon G SY
Stage 3 Mixed Foods, minced/chopped	Vegetable Bolognese Apple and yoghurt G DA	Cheese and Mixed Vegetable Frittata with Potato Salad Peach E DA MU	Butter Bean and Mixed Vegetable Stew Banana	Mild Mexican Mixed Bean Chilli with 50/50 Turmeric Rice Pear MU	Quorn Casserole with Boiled Potatoes Melon E G SY

Teatime

	Monday	Tuesday	Wednesday	Thursday	Friday
Stage 1 Single puree	Parsnip Pear	Carrot Plum	Cauliflower Apple	Swede Mango	Sweet Potato Banana
Stage 2 Coursier texture / soft Finger Foods	Potato and Hummus with Peeled Cucumber Sticks Pear SU	Egg Finger Sandwiches With Grated Carrot Plum G SY E MU	Reduced Salt and Sugar Baked Beans On Toast. Apple SY G	Tomato and Lentil Soup Mango DA	Egg and Cress Finger Sandwiches with Soft Vegetable Sticks Banana G SY E MU
Stage 3 Mixed Foods, minced/chopped	Potato and Hummus with Peeled Cucumber Sticks Pear SU	Egg Finger Sandwiches With Grated Carrot Plum G SY E MU	Reduced Salt and Sugar Baked Beans On Toast. Apple SY G	Tomato and Lentil Soup with Bread Fingers Mango DA SY G	Egg and Cress Pitta Pocket with Vegetable Sticks Banana G MU E

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MUSTARD – MU, SESAME – SE, SULPHITES – SU, LUPIN – LU, SHELL FISH – SF (Crustaceans and Molluscs)