

Winter 2012 Menu Week 1

MONDAY

LUNCH

Tuna & Garlic Bread Bake
 Pears
 Weaning Babies:
 Aubergine & potato
 Apricots

TEA

Sweetcorn & Pepper Frittata
 Oatmeal & Raisin Cookies
 Weaning Babies:
 Pea & carrot
 Fromage Frais

TUESDAY

LUNCH

Pork Casserole Mash
 Brownies
 Weaning Babies:
 Carrot & courgette
 Pureed pear

TEA

Carbonara
 Apricot
 Weaning Babies:
 Broccoli & sweet potato
 Pureed Apples

WEDNESDAY

LUNCH

Chilli Con Carne & Rice
 Pineapple
 Weaning Babies:
 Aubergine and courgette
 Banana puree

TEA

Vegetable Hotpot
 Cherry Cake
 Weaning Babies:
 Potato & spinach
 Pear puree

THURSDAY

LUNCH

Chicken with Peppers & Couscous
 Apple Crumble
 Weaning Babies:
 Sweet potato & broccoli
 Pureed peach

TEA

Minestrone Soup
 Bananas
 Weaning Babies:
 Pea, carrot & leek
 Puree Banana

FRIDAY

LUNCH

Fish in White Sauce with New Potatoes
 Oranges
 Weaning Babies:
 Leek & Potato
 Apple puree

TEA

Pepper & Herb Cannelloni
 Fromage Frais
 Weaning Babies:
 Butternut squash
 Yoghurt



Vegetarian Winter 2012 Menu Week 1

MONDAY

LUNCH

Veg & Garlic Bread Bake
Pears
Weaning Babies:
Aubergine & potato
Apricots

TEA

Sweetcorn & Pepper Frittata
Oatmeal & Raisin Cookies
Weaning Babies:
Pea & carrot
Fromage Frais

TUESDAY

LUNCH

Vegetable Casserole Mash
Brownies
Weaning Babies:
Carrot & courgette
Pureed pear

TEA

Carbonara
Apricot
Weaning Babies:
Broccoli & sweet potato
Pureed Apples

WEDNESDAY

LUNCH

Chilli Sans Carne & Rice
Pineapple
Weaning Babies:
Aubergine and courgette
Banana puree

TEA

Vegetable Hotpot
Cherry Cake
Weaning Babies:
Potato & spinach
Pear puree

THURSDAY

LUNCH

Quorn Chicken with Peppers & Couscous
Apple Crumble
Weaning Babies:
Sweet potato & broccoli
Pureed peach

TEA

Minestrone Soup
Bananas
Weaning Babies:
Pea, carrot & leek
Puree Banana

FRIDAY

LUNCH

Vegetables in White Sauce with New
Potatoes
Oranges
Weaning Babies:
Leek & Potato
Apple puree

TEA

Pepper & Herb Cannelloni
Fromage Frais
Weaning Babies:
Butternut squash
Yoghurt

Winter 2012 Menu Week 2

MONDAY

LUNCH

Chicken Tagine & Rice
Viennese Fingers
Weaning Babies:
Cauliflower & carrot
Fromage Frais

TEA

Leek & Potato Soup
Apples
Weaning Babies:
Leek & Potato Soup
Pureed Apples

TUESDAY

LUNCH

Mousakka
Bananas
Weaning Babies:
Carrot & courgette
Pureed Bananas

TEA

Quiche
Fairy Cakes
Weaning Babies:
Broccoli & sweet potato
Pureed Peach

WEDNESDAY

LUNCH

Goulash & New Potatoes
Cornflake Crunch
Weaning Babies:
Aubergine and courgette
Yoghurt

TEA

Cheesy Broccoli Pasta
Pears
Weaning Babies:
Potato & Broccoli
Pear puree

THURSDAY

LUNCH

Tuna & Sweet corn Bake
Oranges
Weaning Babies:
Sweet potato & sweet corn
Pureed Oranges

TEA

Risotto
Berry Muffins
Weaning Babies:
Pea, carrot & leek
Puree Banana

FRIDAY

LUNCH

Beef & Bean Hotpot
Pineapple
Weaning Babies:
Potato & Pea
Apricots

TEA

Vegetable Curry with Cous Cous
Flapjacks
Weaning Babies:
Butternut squash
Yoghurt



Vegetarian Winter 2012 Menu Week 2

MONDAY

LUNCH

Vegetable Tagine & Rice
Viennese Fingers
Weaning Babies:
Cauliflower & carrot
Fromage Frais

TEA

Leek & Potato Soup
Apples
Weaning Babies:
Leek & Potato Soup
Pureed Apples

TUESDAY

LUNCH

Vegetarian Mousakka
Bananas
Weaning Babies:
Carrot & courgette
Pureed Bananas

TEA

Quiche
Fairy Cakes
Weaning Babies:
Broccoli & sweet potato
Pureed Peach

WEDNESDAY

LUNCH

Vegetable Goulash & New Potatoes
Cornflake Crunch
Weaning Babies:
Aubergine and courgette
Yoghurt

TEA

Cheesy Broccoli Pasta
Pears
Weaning Babies:
Potato & Broccoli
Pear puree

THURSDAY

LUNCH

Pasta & Sweet corn Bake
Oranges
Weaning Babies:
Sweet potato & sweet corn
Pureed Oranges

TEA

Risotto
Berry Muffins
Weaning Babies:
Pea, carrot & leek
Puree Banana

FRIDAY

LUNCH

Vegetable & Bean Hotpot
Pineapple
Weaning Babies:
Potato & Pea
Apricots

TEA

Vegetable Curry with Cous Cous
Flapjacks
Weaning Babies:
Butternut squash
Yoghurt