# WEANING MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Mains** HAPPY TUMS | Leek & Potato Puree **(Mk)** | Celeriac, Apple and Carrot Puree **(Mk)** | Root Vegetable Mash **(Mk)** | Spinach, Sweet Potato and Yellow Split Pea Puree **(Mk)** | Haddock, Cauliflower and Potato Puree **(F,Mk)** |
| **Dessert** SOMETHING SWEET | Yoghurt and Coulis **(Mk)** | Yoghurt and Coulis **(Mk)** | Apple & Blueberry Stew | Apple & Blueberry Stew | Spiced Pear Puree **(Mk)** |

## ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten

L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

# WEANING MENU

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Mains** HAPPY TUMS | Roasted Butternut Squash and Garlic Puree **(Mk)** | Green Mash **(Mk)** | Smashed Avocado and Banana | Delicious Dahl **(G)** | Cauliflower Cheese Puree **(Mk)** |
| **Dessert** SOMETHING SWEET | Fruity Apple Stew | Fruity Apple Stew | Yoghurt Coulis **(Mk)** | Yoghurt Coulis **(Mk)** | Mashed Banana and Yoghurt **(Mk)** |

# WEANING MENU

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Mains** HAPPY TUMS | Tomato and Vegetable Stew **(Mk,Ce)** | Sweetcorn Chowder **(Mk)** | Apple and Beetroot Puree **(Mk)** | Carrot & Swede Puree **(Mk)** | Haddock, Cauliflower and Potato Puree **(F,Mk)** |
| **Dessert** SOMETHING SWEET | Apple and Blueberry Stew | Apple and Blueberry Stew | Yoghurt and Coulis **(Mk)** | Yoghurt and Coulis **(Mk)** | Fruity Apple Stew |

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