

The *W*ishing *T*ree Children's Nursery

Weaning Menu – Aged 6 – 9 months

Monday		
	Lunch - 11.30 a.m.	Tea - 3.15 p.m.
Main	Fish Fingers, Mash, Peas & Tomatoes	Noodles with Sweet & Sour Sauce
Dessert	Fruit	Greek yoghurt and fruit puree
Tuesday		
Main	Quorn Shepherds' Pie, with sweet potato topping, cauliflower and green beans	Jacket Potato with Tuna & Sweetcorn or Cheese
Dessert	Banana	Mixed Fruit Platter
Wednesday		
Main	Beef (or Quorn) Lasagne with Sweetcorn, Broccoli and Garlic Bread	Beans on toast
Dessert	Fruit	Oranges & grapes
Thursday		
Main	Smoked Haddock Pie or Chickpea Pie with tomato and basil sauce with Carrots & Peas	Sandwiches – Ham, Cream Cheese, Marmite with Carrot & Pepper sticks
Dessert	Stewed Apple & Pear	Fruit
Friday		
Main	Chicken/Quorn Flakey Pastry Plait with New Potatoes, Cabbage and Sweetcorn	Tortilla Wraps with Humus, Cheese, Celery and Cucumber sticks or vegetable pasta
Dessert	Peaches	Yoghurt & Mango Puree

Important Note – Menu choices will be offered to all children taking into account their dietary requirements entered into the care plan (vegetarian, lactose free, wheat free, gluten free etc) and also taking into account each child's ability to chew and digest food that is not in a liquid or pureed form.

Apart from the information in the care plan, please let us know as your child progresses if there are any changes to dietary needs. Fresh fruit or yoghurts can be offered as alternatives to our dessert menu. From time to time we may need to substitute menu choices due to availability of ingredients or to make best use of ingredients.