

# Once Upon A Time Weaning Menu

Weaning is a slow and steady process. Our menu is adaptable based on each individual child's appetite. At Once Upon A Time we will only offer weaning when children are 6 months old as before this time babies get all the nutrients they need from breast or formula milk. Our menu consists of both pureed and soft finger foods to suit both exploration in baby led weaning but also trying different textures and tastes through purees at different stages (smooth to lumpy). We work closely with you and your child to ensure we are both doing the same both at home and at nursery as your child begins to explore the world of food.



## Menu 1

| Menu      | Breakfast  | Lunch  | Tea   |
|-----------|--|--|---|
| Monday    | A selection of baby rice, cereal, toasted items and fruit. | Carrot Puree<br>BLW - Broccoli florets, carrot fingers, chicken slices and Yorkshire pudding fingers | Broccoli Puree<br>BLW - Bread fingers, cucumber sticks and avocado slices               |
|           |  | Pureed Apple/ Stewed apple fingers   | Pureed Melon/ Fruit fingers   |
| Tuesday   |  | Courgette Puree<br>BLW - Vegetable/Salmon stir fry   | Cauliflower Puree<br>BLW - Cauliflower florets and steamed green beans                  |
|           |  | Banana Puree/ Banana fingers   | Pear puree/Pear fingers   |
| Wednesday |  | Pea Puree<br>BLW - Spaghetti and vegetable fingers   | Sweet potato Puree<br>BLW- Cucumber fingers, new potato fingers and smashed chickpeas   |
|           |  | Fruit puree/ Fruit fingers   | Peach puree/Peach fingers   |
| Thursday  |  | Swede Puree<br>BLW - Finger vegetables and chicken   | Lentil and sweet potato puree<br>BLW - Bread fingers, sweet potato fingers and cucumber |
|           |  | Peach and banana puree/ Peach and banana fingers   | Mango and apple puree/ Mango and stewed apple fingers                                   |
| Friday    |  | Avocado Puree<br>BLW - Cauliflower and broccoli florets  | Pea and spinach Puree<br>BLW - Courgette and pea pasta                                  |
|           |  | Mango Puree/ Mano fingers  | Apple and banana puree/ Stewed apple and banana fingers                                 |