

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 2

Menu	Breakfast	Lunch	Tea
Monday	A selection of baby rice, cereal, toasted items and fruit.	Cauliflower Puree BLW - Cauliflower florets, smashed chickpeas and rice	Carrot and Courgette puree BLW - Polenta fingers with carrot and courgette fingers
		Pear and peach puree/ Pear and peach fingers	Banana and oatmeal Puree/Banana and oatmeal biscuits
Tuesday		Carrot and Sweet Potato Puree BLW - Winter squash, carrot and sweet potato fingers	Potato and Parsnip Puree BLW- New potato fingers, cucumber fingers and chicken fingers
		Apple, blueberry and banana puree/ Stewed apple and banana fingers	Mango and pear puree/ Mango and pear fingers
Wednesday		Broccoli and Potato Puree BLW - Mash potato, broccoli florets and green beans	Courgette and yellow pepper Puree BLW - Courgette, bread and yellow pepper fingers
		Apple and mango puree/ Apple and mango fingers	Peach and banana puree/Fruit loaf fingers
Thursday		Carrot and Orange Puree BLW - Yorkshire pudding fingers, carrot fingers and	Minted Pea Puree BLW - Pea fritters
		Banana Puree/ Banana bread fingers	Blueberry and baby rice puree/ Berry muffin
Friday		Kale and Sweet Potato Puree BLW - Fish, rice and sweet potato fingers	Sweetcorn and Potato Puree BLW - Pizza fingers with sweet potato wedges
		Coconut/baby rice pudding with fruit salsa	Pureed fruit and oat pots