

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 3

Menu	Breakfast	Lunch	Tea
Monday	A selection of baby rice, cereal, toasted items and fruit.	Potato and Spinach Puree BLW - Fish, green beans and new potato fingers	Winter squash puree BLW - Pasta, courgette fingers and
Tuesday		Banana and Pear Puree/ Banana and pear fingers	Peach rice pudding (breast or formula)
		Spinach and Pea Puree BLW - Carrot fingers, broccoli florets and mash potato	Parsnip and swede puree BLW - Chicken fingers, cucumber fingers and avocado fingers
Wednesday		Avocado and pear puree/ Baked pear fingers	Breast milk/formula banana custard
		Sweet Potato and Kale Puree BLW - Sweet potato, rice and pitta fingers	Leek and Potato Puree BLW - cucumber fingers, steamed carrot fingers
Thursday		Spiced apple puree	Blueberry, apple and peach puree/ Apple tart fingers
		Parsnip and Spinach Puree BLW - Pita fingers, cucumber sticks, sweet potato sticks	Sweet Potato and Cauliflower Puree BLW - Noodles and shredded vegetables
Friday		Peach pudding	Apple and oats puree/ Baked apple fingers with oats
		Carrot and Pea Puree BLW - Beef lasagne with steamed vegetables	Yellow Pepper and Courgette Puree BLW - Chicken and yellow pepper fingers with tortilla wrap
		Apple and blueberry puree/Dairy free cheesecake fingers	Creamy apricot custard (breast or formula)