


## Babies and 6-12 months Example of Weekly Menu

	LUNCH	TEA
MONDAY	Vegetable & Lentil Balti with brown rice & naan breads  Mango & banana puree	*Braised beef & tomato with mushroom cous cous  Fromage frais
TUESDAY	*Roast chicken diced roast potatoes mashed potatoes 3 fresh seasonal veg & gravy  Baby Yoghurt	Ratatouille & sweet potato mash  Rice pudding with raspberries
WEDNESDAY	Cheesy jacket potato with parsnips  Fromage frais with blueberries	Butternut squash, & red pepper soup with focaccia bread  Mixed Melon mash
THURSDAY	*Savoury minced lamb, minted new potatoes, broccoli & carrot batons  Rice pudding with raspberries	Root vegetables & mushroom risotto  Apple & plum puree
FRIDAY	Cod in tomato & basil sauce with pasta spirals  Cranberry & apricot puree	*Pork & apple casserole with sweet potato mash  Bananas & custard



**FULL LIST OF INGREDIENTS  
INCLUDING ALLERGENS ARE AVAILABLE ON REQUEST  
\*Vegetarian meals available on request as an alternative**