

Weaning Menu with Meat & Fish

Week 1

Monday

Lunch
Sweet Potato Purée
Apple Compote

Tea
Cheesy Star Pasta
Poached Pear

Week 2

Lunch
Tomato & Courgette
Spaghetti
Pear & Apple Purée

Tea
Pea & Ham Risotto
Fruit Salad

Week 3

Lunch
Parsnip & Potato Hash
Blueberries

Tea
Tomato & Basil Chicken
Banana

Tuesday

Lunch
Baby Chicken Korma
Soft Mango

Tea
Butternut Squash Mash
Greek Yoghurt
with Berry Compote

Lunch
Cauliflower &
Broccoli Cheese
Berry Medley

Tea
Curried Lentil &
Spinach Hash
Poached Mandarin

Lunch
Creamy Tuna Baby
Pasta
Melon Fingers

Tea
Chicken & White Bean
Casserole
Poached Pears

Wednesday

Lunch
Chickpea & Tomato Hash
Fruit Yoghurt

Tea
Broccoli & Cauliflower
Purée
Watermelon Fingers

Lunch
Carrot & Chicken
Baby Custard

Tea
Swede & Sweet Potato
Mashed Banana

Lunch
Potato & Onion Bake
Greek Yoghurt with
Prune Purée

Tea
Beef Lasagne
Peaches

Thursday

Lunch
Bubble & Squeak
Rhubarb Compote

Tea
Sweet Potato Purée
Apple & Mango

Lunch
Baby Spag Bolognaise
Prune Compote

Tea
Cheesy Spinach &
Potato Bake
Apple & Blueberry
Compote

Lunch
Minted Peas & Spinach
Fruit Salad

Tea
Courgette, Tomato &
Pepper Ratatouille
Poached Apples

Friday

Lunch
Beef Mince & Potato Pie
Pear & Cinnamon
Compote

Tea
Salmon & Vegetable
Hash
Banana Fingers

Lunch
Poached White Fish
& Garlic Mash
Fruit Yoghurt

Tea
Pitta fingers with Humous
& Cucumber Sticks
Soft Fruit Kebabs

Lunch
Tomato & Turkey Ragu
Soft Fruit Kebabs

Tea
Sweet Potato &
Humous Hash
Rhubarb & Vanilla
Compote

Meals can be made in batches and frozen in individual portion pots