

# Weaning Menu Vegetarian

Week 1

**Lunch**  
Sweet Potato Purée  
Apple Compote

**Tea**  
Cheesy Star Pasta  
Poached Pear

Week 2

**Lunch**  
Tomato & Courgette  
Spaghetti  
Pear & Apple Purée

**Tea**  
Pea & Courgette Risotto  
Fruit Salad

Week 3

**Lunch**  
Parsnip & Potato Hash  
Blueberries

**Tea**  
Tomato & Basil Baby  
Pasta Stars  
Banana

Monday

Tuesday

Wednesday

Thursday

Friday

**Lunch**  
Baby Vegetable 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**  
Curried Chickpea &  
Lentil Dahl  
Melon Fingers

**Tea**  
Mediterranean Vegetable  
Ratatouille  
Poached Pears

**Lunch**  
Chickpea & Tomato Hash  
Fruit Yoghurt

**Tea**  
Broccoli & Cauliflower  
Purée  
Watermelon Fingers

**Lunch**  
Carrot & Sweet Potato  
Baby Custard

**Tea**  
Swede & Parsnip  
Mashed Banana

**Lunch**  
Potato & Onion Bake  
Greek Yoghurt  
with Prune Purée

**Tea**  
Mixed Vegetable  
Lasagne  
Peaches

**Lunch**  
Bubble & Squeak  
Rhubarb Compote

**Tea**  
Sweet Potato Purée  
Apple & Mango

**Lunch**  
Baby Veggie Spaghetti  
Bolognaise  
Prune Compote

**Tea**  
Cheesy Spinach & Potato  
Bake  
Apple & Blueberry  
Compote

**Lunch**  
Minted Peas & Spinach  
Fruit Salad

**Tea**  
Three Bean &  
Tomato Mash  
Poached Apples

**Lunch**  
Vegetable Rice  
Pear & Cinnamon  
Compote

**Tea**  
Root Vegetable Hash  
Banana Fingers

**Lunch**  
Butternut Squash & Garlic  
Mash  
Fruit Yoghurt

**Tea**  
Pitta Fingers with Humous  
& Cucumber Sticks  
Soft Fruit Kebabs

**Lunch**  
Sweetcorn & Broccoli  
Cheesy Bake  
Soft Fruit Kebabs

**Tea**  
Sweet Potato & Humous  
Hash  
Rhubarb & Vanilla  
Compote

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