

Baby Bears Weaning Menu

	LUNCH				TEA			
	4 - 6 Months	6 - 7 Months	7 - 9 Months	9 - 12 Months	4 - 6 Months	6 - 7 Months	7 - 9 Months	9 - 12 Months
Monday	Banana	Sweet Vegetable Medley	Chicken with sweet potato & apple Pudding: Fruit	Chicken Casserole Pudding: Fruit	Depending on babies weaning stage at this age tea can be provided	Broccoli Trio Pudding: Fruit	Leek & potato Pudding: Fromage frais	Finger sandwiches with finger vegetables Pudding: Fromage frais
Tuesday	Butternut Squash	Leek, sweet potato and pea	Broccoli & Cheese Pasta Pudding: Banana	Mini Cottage Pie Pudding: Fruit		Carrot & cauliflower Pudding: Pear	Courgette & pea Pudding: Yoghurt	Macaroni Cheese Pudding: Yoghurt
Wednesday	Pear	Avocado and banana	Tomato Lentil Sauce Pudding: Fruit	Tomato Chicken and Rice Pudding: Fromage Frais		Carrot & pea Pudding: Apple	Fillet of fish with orange sauce Pudding: Fruit	Potato Pizette Bites Pudding: Fruit
Thursday	Sweet Potato	Watercress, potato and courgette	Fruity Chicken Pudding: Peaches	Creamy fish Pie with broccoli Pudding: Fruit		Sweet Potato Pudding: Fromage frais	Minestrone sauce with toast Pudding: Fromage frais	Tomato, Sweet Potato and Cheese Pudding: Fromage frais
Friday	Apple	Broccoli trio	Pasta with vegetable & cheese sauce Pudding: Going bananas	Beef Casserole Pudding: Fromage frais		Butternut squash & pear Pudding: Banana	My first bolognaise sauce Pudding: Pear	Tuna Muffin Melts Pudding: Fruit