

## WEANING BABIES MENU

At Wise Owls, we know that good nutrition is essential to the healthy growth and development of children. Every day we see the positive impact a healthy and nutritious meal has on a child's ability to engage in learning and play. We encourage and inspire children to try a variety of food they may not have tried before, ensuring that children receive a healthy, balanced diet while being given the opportunity to explore new foods and flavours. Here is our menu designed to help babies transition to solids.

ALL MEALS SERVED ARE ADAPTED TO SUIT INDIVIDUAL DIETARY REQUIREMENTS

### Breakfast menu

Choice of cereals including Weetabix, Malted Wheaties, Rice Snaps, Multigrain Hoops and Cornflakes all served with fresh milk. Cow's milk alternatives available including unsweetened soya and oat milk. **Cereals** (wheat, barley, oats) **Dairy** (buttermilk), **Soybeans** (soya)

### Main and Pudding – Week 1

#### Monday

Carrot and sweet potato puree

Apple puree

#### Thursday

Parsnip and Potato puree

Pear Puree

#### Tuesday

Broccoli and potato puree

Banana

#### Friday

Carrot and butternut squash puree

Watermelon

#### Wednesday

Carrot and pepper puree

Fruit yogurt

**Dairy** (milk)



### Main and Pudding – Week 2

#### Monday

Parsnip and pea puree

Watermelon

#### Thursday

Courgette and cauliflower puree

Fruit yoghurt

**Dairy** (milk)

#### Tuesday

Potato and parsnip puree

Apple and pear puree

#### Friday

Carrot and sweet potato

Banana

#### Wednesday

Sweet potato and carrot puree

Apple and blueberry puree



Scan here for more information about our daily lunch menu.