

Sample Menu - Infants aged 7 - 12 months

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast For all infants 7-12 months	Wheat bisk with whole milk and *chopped dried apricots pg 32	*Wholemeal toast fingers with spread and mashed tomatoes pg. 32	Instant oat cereal *Banana sticks pg. 32	Malt wheat cereal and whole milk *Pear sticks pg. 33	Crisped rice cereal and whole milk *satsuma slices pg. 33
Lunch <u>Main course</u> for all infants 7-12 months	Hungarian beef goulash pg. 69 with cous cous pg. 126 and *green beans pg. 135 V – butterbean goulash pg. 94	Pork Ragu pg. 78 with *sliced new potatoes pg.129 peas V – soya mince and apple ragu pg. 110	Jamaican fish curry pg. 70 with white rice and *cauliflower florets V – Jamaican bean curry pg. 101	Lentil ratatouille with wholemeal *pasta pg. 104 V – same as above	Roast chicken pg 79 with roast potatoes pg. 132 and *root vegetables pg. 139 (no gravy) V – veggie sausage sticks alternative (not quorn)
<u>Second course</u> for infants 10-12 months only	Stewed *apple pg. 151 and custard pg. 150	Half portion of creamy *apricot dessert pg. 149	Mandarin jelly pg. 158 (sugar free jelly used) *Mandarin segments Mandarin only if parent wishes due texture jelly	*Peach and pineapple sticks	Greek yoghurt and *fruit cocktail salad
Tea <u>Main course</u> for all infants 7-12 months	*Wholemeal macaroni with cheese with peas pg. 223 V – same as above	Tuna fishcakes pg. 191 with carrots and *broccoli florets V – potato and lentil cake pg. 216	Mixed bean chilli pg. 209 with natural yoghurt and *jacket potato wedges V – same as above	Chicken noodle soup pg. 180 (no stock cubes) with *white bread fingers V – tofu alternative	*Lemon chicken wrap with lettuce and cucumber pg. 186 V – Lemon soya wrap pg. 206
<u>Second course</u> for infants 10-12 months only	*Grapes and melon sticks with cottage cheese dip pg. 240	*Banana and custard pg. 237 custard recipe pg. 150 without sugar	Natural yoghurt and *mixed berries compote pg. 256	Rice pudding and *apricots pg. 246 (no sugar)	*Apple, pear and plum sticks pg.235
Breastmilk/first infant formula	to be offered to infants according to their individual routines (as discussed with families). In addition to offering three meals a day, infants may typically have breastmilk or first infant formula feeds of:				

	<ul style="list-style-type: none"> • 7-9 months: four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed) • 10-12 months: three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed).
<p>Note: Fresh drinking water must be available and accessible at all times.</p> <p>V – vegetarian option</p> <p>Spread will be vegetable oil spread (Asda sunflower spread where possible)</p>	

***indicates the part of the meal that can be held and eaten by infants as a finger food.**

For further details, including modification in texture for infants aged 7-9 months and 10-12 months, and further adaptations required to each recipe for this age group, see recipe cards.

Sample Menu - Infants aged 1 – 4 Years

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Planned to provide 20% of a child's daily nutritional requirements Drinks : Water only	Wheat bisks with milk and dried apricots White toast slice with spread pg. 32	Cornflakes and milk Wholemeal toast with spread and tomato slices pg. 32	Porridge Banana sticks pg. 32	Malt wheat cereal and milk Half crumpet with spread and pear sticks pg. 33	Crisped rice cereal and milk with satsumas Slice fruit toast and spread pg. 33
Mid-morning snack Planned to provide 10% of a child's daily nutritional requirements	Apple and orange slices Milk or water	Banana sticks Milk or water	Slice wholemeal toast with spread Milk or water	Bread stick and apple wedges Milk or water	Cheese sticks and tomato slices Milk or water
Lunch Planned to provide 20% of a child's daily nutritional requirements Drinks : Water only	Hungarian beef goulash pg. 69 with cous cous pg. 126 and green beans pg. 135 V – Butterbean goulash pg. 94	Pork Ragu pg. 78 with new potatoes pg.129 and peas V – Soya mince and apple ragu pg. 110	Jamaican fish curry pg. 70 with white rice pg. 126 and cauliflower florets V – Jamaican bean curry pg. 101	Lentil ratatouille with wholemeal pasta pg. 104 V – same as above	Roast chicken pg 79 roast potatoes pg. 132, root vegetables pg. 139 and gravy (reduced salt) V – veggie sausage alternative
	Eve's pudding pg. 151 and custard pg.150	Creamy apricot dessert pg. 149	Mandarin jelly pg. 158 (sugar free jelly used)	Ginger cake pg. 154	Greek yoghurt and fruit cocktail salad
Mid-afternoon snack Planned to provide 10% of a child's daily nutritional requirements	Cracker bread crackers and cream cheese Milk or water	Water biscuit crackers and spread with grapes Milk or water	Pear sticks and clementine slices Milk or water	Carrot sticks and celery sticks Milk or water	Wholemeal pitta bread fingers and houmous dip Milk or water
Tea Planned to provide 20% of a child's daily nutritional requirements Drinks : Water only	Wholemeal macaroni cheese with peas pg. 223 V – same as above	Tuna fishcakes pg. 191 with carrot and broccoli florets V – potato and lentil cake pg. 216	Mixed bean chilli pg. 209 with jacket potato wedges V – same as above	Chicken noodle soup pg. 180 with white bread fingers V – tofu alternative	Lemon chicken wrap with lettuce and cucumber pg. 186 V – Lemon soya wrap pg. 206
	Grapes and melon sticks pg. 240	Banana and custard pg. 237 or custard recipe pg. 150 for with and	Natural yoghurt and mixed berries compote pg. 256	Rice pudding and apricots pg. 246	Apple, pear and plum sticks pg. 235

		without sugar			
Note: Fresh drinking water must be available and accessible at all times. V – vegetarian option Spread will be vegetable oil spread – (Asda sunflower spread where possible)					