



Little Leaf Nursery Menu: (6months -1year): Week 1

	Breakfast	Mid-morning snack	Lunch	Mid-afternoon snack	Tea
Day 1	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal Cornflakes, with formula Milk	Fruits Puree /Fruit fingers Formula Milk / Water	Cauliflower Cheese (Puree/Mashed/Chopped) Pudding: Yoghurt	Farley Rusk Formula Milk / Water	Leek and Potato Puree Formula Milk / Water
Day 2	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Apple Puree Formula Milk / Water	Peaches and Rice (Puree/Mashed) Pudding: Banana and Custard	Mango and Apricot Biscuits Formula Milk / Water	Courgette and Pea Souper Formula Milk / Water
Day 3	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Breadsticks/fruit Puree Formula Milk / Water	Baked Sweet Potatoes with orange (Puree/Mashed) Pudding: Homemade Fruit Jelly	Fruits Fingers/ Puree Formula Milk / Water	Tuna and Sweetcorn Stuffed Potato (Puree/Mashed) Formula Milk / Water
Day 4	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Fruit Salad/ Puree Formula Milk / Water	Plaice with tomatoes and Potatoes(Puree/Mashed/Chopped) Pudding: Angel delight	Vegetable Fingers Formula Milk / Water	Sweet Potato with Spinach and Peas (Puree/Mashed) Formula Milk / Water
Day 5	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Fruity Yoghurt Formula Milk / Water	Popeye Pasta(Puree/Mashed/Chopped) Pudding: Yoghurt	Vegetable Fingers Formula Milk / Water	Lovely Lentils, Peaches and Rice (Puree/Mashed) Formula Milk / Water

ALL FOOD WILL BE ADAPTED TO EACH CHILD'S WEANING STAGE



Little Leaf Nursery Menu :(6months -1year): Week 2

	Breakfast	Mid-morning snack	Lunch	Mid-afternoon snack	Tea
Day 1	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Fruits Fingers/ Puree Formula Milk / Water	Mini Shepherd's Pie (Puree/Mashed) Pudding: Apple Puree	Fruit fingers /Puree Formula Milk / Water	Courgette and Pea Souper Formula Milk / Water
Day 2	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Breadsticks Formula Milk / Water	Tasty Rice with Vegetables (Puree/Mashed) Pudding: Puree Pears with custard	Fruits fingers/ Puree Formula Milk / Water	Tuna and Sweetcorn Pasta Salad Vegetarian Pasta Salad (Puree/Mashed) Formula Milk / Water
Day 3	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Toast fingers Formula Milk / Water	Egg Fried Rice & Vegetables Tofu fried Rice and Veg. (Puree/Mashed) Pudding: Pear Puree	Fruits fingers/ Puree Formula Milk / Water	Two Potato Mash with broccoli (Puree/Mashed) Formula Milk / Water
Day 4	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Raisins & Banana slices Formula Milk / Water	Mediterranean Pasta Bake (Puree/Mashed/Chopped) Pudding: Natural Yoghurt	Fruits Fingers/ Puree Formula Milk / Water	Tuna Salad (Puree/Mashed/Chopped) Formula Milk / Water
Day 5	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Fruit Salad/ Puree Formula Milk / Water	Beef Casserole with carrots Pudding: Fruit pot	Fruits fingers /Puree Formula Milk / Water	Lentil/ Carrot Soup with French toast cut -outs Formula Milk / Water

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Little Leaf Nursery Menu: (6months -1year): Week 3

	Breakfast	Mid-morning snack	Lunch	Mid-afternoon snack	Tea
Day 1	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Fruits fingers/ Puree Formula Milk / Water	Tasty Liver Casserole Pudding: Fruit Salad/puree	Farley Rusk Formula Milk / Water	Vegetable Couscous Salad and Chickpeas (Puree/Mashed) Formula Milk / Water
Day 2	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Fruits fingers/ Puree Formula Milk / Water	Vegetarian Chilli Con Carne Served with Rice (Puree/Mashed) Pudding: Natural Yoghurt with Banana slices	Mango and Apricot Biscuits Formula Milk / Water	Salmon with tomatoes and sweet potato (Puree/Mashed) Formula Milk / Water
Day 3	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Vegetables Fingers Formula Milk / Water	Mashed Potatoes Served with Fish fingers & Mixed Vegetables (Puree/Mashed) Pudding: Fruit pot	Fruits fingers/ Puree Formula Milk / Water	My Favourite Pasta with Broccoli (Puree/Mashed) Formula Milk / Water
Day 4	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Yoghurt Formula Milk / Water	Polish Cabbage Noodles with Beans (Puree/Chopped) Pudding: Rice Pudding with Sultanas	Fruits fingers/ Puree Formula Milk / Water	Tomato and Courgette Pasta Stars (Puree/Mashed) Formula Milk or Water
Day 5	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Cucumber fingers Formula Milk / Water	Lamb / Vegetarian beans hotpot & Potato (Puree/Mashed) Pudding: Yoghurt	Vegetables fingers Formula Milk / Water	Butternut Squash Soup with wholemeal Bread fingers & Butter Formula Milk / Water

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Little Leaf Nursery Menu: (6months -1year) Week 4

	Breakfast	Mid-morning snack	Lunch	Mid-afternoon snack	Tea
Day 1	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Vegetable fingers Formula Milk / Water	Tasty Chicken with butternut squash (Puree/Chopped) Pudding: Natural yoghurt	Vegetables Fingers Formula Milk / Water	Pasta Shells with Tuna and Sweetcorn (Puree/Chopped) Formula Milk / Water
Day 2	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Banana/Puree Formula Milk / Water	Corned Beef Hash Vegetarian Hash with Quorn chicken. (Puree/Mashed) Pudding: Fruit Salad/ Fruit Puree	Fruits Fingers/ Puree Formula Milk / Water	Homemade Carrot, Lentils & Potatoes Soup with Wholemeal Pitta Bread Fingers. Formula Milk / Water
Day 3	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Fruit Platter Fingers/Puree Formula Milk / Water	Sweet Potato & Mild Lamb Curry Sweet Potato & Mild Chickpea Curry (Puree/Mashed) Pudding: Angel delight	Fruits Fingers/Puree Formula Milk / Water	Chicken with Couscous Vegetarian Couscous with Tofu (Puree/Mashed) Formula Milk / Water
Day 4	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Yoghurt Formula Milk / Water	Lamb Mince Chow Mein Vegetarian Chow Mein with Quorn Mince (Puree/Chopped) Pudding: Fruit Salad/ Fruit Puree	Grated Cheese Formula Milk / Water	Butternut Squash Risotto (Puree/Mashed) Formula Milk / Water
Day 5	Weetabix, Porridge Oats, Rice Krispies, Shreddies, Rice Cereal with formula Milk	Fruits fingers/Puree Formula Milk / Water	Vegetable and Bean with Sweet Potato (Puree/Mashed) Pudding: Custard & Raisins	Fruits Fingers/Puree Formula Milk / Water	Lentil , Vegetables Soup Formula Milk / Water

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