



# BABY ROOM MENU

## WEANING FOODS



### **FIRST STAGE**

*Begins with pureed vegetables eg.*

Butternut squash, leek & potato  
Courgette & potato  
Sweet potato & carrots  
Chickpea, carrot & pea  
Sweet potato & lentil



### **Dessert**

Apple & apricot  
Strawberry & mango  
Rice pudding

### **SECOND STAGE**

*Introduces a small amount of protein eg.*

Spagetti bolognaise  
Chicken & vegetable casserole  
Chicken & barley risotto  
Fisherman pie



### **Dessert**

Yoghurts  
Fruit purees

The menu will be adapted to suit your child's needs and then gradually introduce our main menus as and when your child is ready