



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STAGE 1					
DINNER	CARROT, POTATO & PEAS BANANA PURÉE	BROCCOLI, SWEDE & POTATO APPLE PURÉE	GREEN BEANS & MACARONI PASTA WHEAT, GLUTEN MANGO PURÉE	BUTTERNUT SQUASH & LENTILS APRICOT PURÉE SULPHUR DIOXIDE	SWEET POTATO & SWEDE PEAR PURÉE
TEA	SWEDE & PASTA SULPHUR DIOXIDE PEAR PURÉE	RED PEPPER & SWEET POTATO PAPAYA PURÉE	CAULIFLOWER & POTATO BANANA PURÉE	PEAS & POTATO APPLE PURÉE	COURGETTE & RICE MANGO PURÉE
STAGE 2					
DINNER	CARROT, POTATO, PEAS & BEEF BANANA CUSTARD DAIRY	BROCCOLI, SWEDE, POTATO & TURKEY FRUIT YOGHURT DAIRY	GREEN BEANS, MACARONI PASTA & CHEESE WHEAT, GLUTEN MANGO & CUSTARD DAIRY	BUTTERNUT SQUASH, LENTILS & RICE APRICOT PURÉE SULPHUR DIOXIDE	SWEET POTATO, SWEDE & SALMON FISH PEAR PURÉE
TEA	SWEDE, PASTA & CHEESE WHEAT, GLUTEN, DAIRY PEAR PURÉE	RED PEPPER, SWEET POTATO & TUNA FISH PAPAYA	CAULIFLOWER, POTATO & HAM BANANA PURÉE	PEAS, POTATO & CHICKEN APPLE PURÉE	COURGETTE, RICE & CHEESE DAIRY MANGO PURÉE

PLEASE NOTE: THESE ARE SAMPLE MENUS AND ARE SUBJECT TO CHANGE
OUR MENUS ARE PRODUCED UNDER THE GUIDANCE OF A REGISTERED DIETICIAN



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STAGE 1					
DINNER	COURGETTE & POTATO PEACH PURÉE	SWEDE & POTATO APPLE PURÉE	SWEET POTATO & RED PEPPER PEAR PURÉE	CARROT & PASTA WHEAT, GLUTEN BANANA PURÉE	GREEN BEANS & POTATO APRICOT PURÉE SULPHUR DIOXIDE
TEA	CARROT & PASTA PEAR PURÉE	PEA & BUTTERNUT SQUASH MANGO PURÉE	GREEN BEANS & RICE PAPAYA PURÉE	BROCCOLI & RED LENTILS APPLE PURÉE	SWEDE & CARROT BANANA PURÉE
STAGE 2					
DINNER	COURGETTE, POTATO & CHEESE DAIRY PEACH PURÉE	SWEDE, POTATO & HAM APPLE PURÉE & CUSTARD DAIRY	SWEET POTATO, RED PEPPER & CHICKEN PEAR PURÉE	CARROT, PASTA & TUNA WHEAT, GLUTEN, FISH BANANA PURÉE	GREEN BEANS, POTATO & BEEF FRUIT YOGHURT DAIRY
TEA	CARROT, SALMON & RICE FISH PEAR PURÉE	PEA, BUTTERNUT SQUASH & PASTA WHEAT, GLUTEN MANGO PURÉE	GREEN BEANS, RICE & CHEESE DAIRY PAPAYA PURÉE	BROCCOLI, RED LENTILS & TOMATO APPLE PURÉE	SWEDE, CARROT & TURKEY BANANA PURÉE

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STAGE 1					
DINNER	BUTTERNUT SQUASH & RED PEPPER APPLE PURÉE	TOMATO, LENTIL & PASTA WHEAT, GLUTEN MANGO PURÉE	GREEN BEANS & POTATO BANANA PURÉE	COURGETTE & CARROT APRICOT PURÉE SULPHUR DIOXIDE	BROCCOLI & POTATO PINEAPPLE PURÉE
TEA	BROCCOLI & POTATO BANANA PURÉE	CARROT & POTATO PEAR PURÉE	SWEDE & RICE PAPAYA PURÉE	TOMATO & PASTA WHEAT, GLUTEN APPLE PURÉE	SWEET POTATO & COURGETTE PEAR PURÉE
STAGE 2					
DINNER	BUTTERNUT SQUASH, RED PEPPER & SALMON FISH APPLE & CUSTARD DAIRY	TOMATO, LENTIL & CHICKEN PASTA WHEAT, GLUTEN MANGO & CUSTARD DAIRY	GREEN BEANS, POTATO & LAMB FRUIT YOGHURT DAIRY	COURGETTE, CARROT & POTATO RICE PUDDING DAIRY	BROCCOLI, POTATO & TURKEY PINEAPPLE PURÉE
TEA	BROCCOLI, POTATO & CHEESE DAIRY BANANA PURÉE	CARROT, SPINACH & POTATO PEAR PURÉE	SWEDE, RICE & HAM PAPAYA PURÉE	TOMATO, PASTA & BASIL WHEAT, GLUTEN APPLE PURÉE	SWEET POTATO, COURGETTE & TUNA FISH PEAR PURÉE

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WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STAGE 1					
DINNER	SWEDE & POTATO PAPAYA PURÉE	BROCCOLI & CARROT APPLE PURÉE	TOMATO, SPINACH & PASTA WHEAT, GLUTEN MANGO PURÉE	PEAS & POTATO BANANA PURÉE	COURGETTE & SWEDE PEAR PURÉE
TEA	CAULIFLOWER & PASTA WHEAT, GLUTEN PEAR PURÉE	BUTTERNUT SQUASH & POTATO BANANA PURÉE	SWEET POTATO & RED PEPPER APRICOT PURÉE SULPHUR DIOXIDE	LENTILS & CARROT APPLE PURÉE	GREEN BEANS & POTATO PAPAYA
STAGE 2					
DINNER	SWEDE, POTATO & PORK PAPAYA PURÉE	BROCCOLI, CARROT & HADDOCK FISH APPLE & CUSTARD DAIRY	TOMATO, SPINACH & BEEF PASTA WHEAT, GLUTEN FRUIT YOGHURT DAIRY	PEAS, POTATO & LAMB SEMOLINA DAIRY, WHEAT, GLUTEN	COURGETTE & SWEDE PEAR PURÉE
TEA	CAULIFLOWER, PASTA & SALMON WHEAT, GLUTEN PEAR PURÉE	BUTTERNUT SQUASH, POTATO & PEA BANANA PURÉE	SWEET POTATO, RED PEPPER & CHICKEN APRICOT PURÉE SULPHUR DIOXIDE	LENTILS, CARROT & TOMATO APPLE PURÉE	GREEN BEANS, POTATO & HAM PAPAYA

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WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STAGE 1					
DINNER	BUTTERNUT SQUASH & LENTILS APPLE PURÉE	CABBAGE & POTATO PINEAPPLE PURÉE	CAULIFLOWER & POTATO MANGO PURÉE	SWEDE & GREEN BEANS APPLE PURÉE	TOMATO, SPINACH & PASTA WHEAT, GLUTEN PEAR PURÉE
TEA	PEAS & POTATO APRICOT PURÉE SULPHUR DIOXIDE	CARROT & PASTA WHEAT, GLUTEN PEAR PURÉE	LENTILS & COURGETTES BANANA	SWEET POTATO & CARROT PAPAYA PURÉE	BROCCOLI & RICE BANANA PURÉE
STAGE 2					
DINNER	BUTTERNUT SQUASH, LENTILS & RICE APPLE & CUSTARD DAIRY	CABBAGE, POTATO & BEEF PINEAPPLE PURÉE	CAULIFLOWER, POTATO & TUNA SEMOLINA WHEAT, GLUTEN, DAIRY	SWEDE, GREEN BEANS & CHICKEN FRUIT YOGHURT DAIRY	TOMATO, SPINACH & HAM PASTA WHEAT, GLUTEN PEAR & CUSTARD DAIRY
TEA	PEAS, POTATO & SALMON FISH APRICOT PURÉE SULPHUR DIOXIDE	CARROT, PASTA & CHEESE DAIRY, WHEAT, GLUTEN PEAR PURÉE	LENTILS, COURGETTES & RED PEPPER BANANA	SWEET POTATO, CARROT & PEAS PAPAYA PURÉE	BROCCOLI, RICE & BUTTERNUT SQUASH BANANA PURÉE

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