

Playcare Nursery

Weaning Menu 2014



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Vegetable Lasagne with Sweet corn	Fish and Leek Pie with Sweet corn	Chicken and Lentil Casserole	Vegetable and Coconut Curry with Rice	Cheesy Pasta Bake with Sweet corn
	Flaked Rice with Dried Fruit	Natural Yoghurt with Fruit Purée	Fruity Cous-Cous	Natural Yoghurt with Fruit Purée	Fruit Salad
WEEK TWO	Vegetable Chilli with Rice	Spinach Pasta Bake with Sweet corn	Salmon fish Cakes with Sweet Potatoes	Cod Kedgeree with Peas	Chicken Curry with Rice
	Fruit Salad	Natural Yoghurt with Fruit Purée	Fruity Cous-Cous	Natural Yoghurt with Fruit Purée	Flaked Rice with Dried Fruit
WEEK THREE	Red Dragon Pie with Green Beans	Chicken in a Herb Sauce with Rice and Peas	Vegetable and Tomato Pasta Bake with Sweet corn		Ratatouille with cous-cous
	Natural Yoghurt with Fruit Purée	Fruity Cous-cous	Fruit Salad	Natural Yoghurt with Fruit Purée	Flaked Rice with Dried Fruit

