



# WEEK ONE 2017-2018

## PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MORNING

### MONDAY

Apple & Apricot Puree with Iron Fortified Rice Cereal



### TUESDAY

Apple & Pear Porridge Puree

### WEDNESDAY

Peach Rice Pudding with Cinnamon Puree

### THURSDAY

Apple, Blueberry & Pear Puree with Iron Fortified Rice Cereal

### FRIDAY

Tapioca & Pear Puree

LUNCH

Chicken, Red Lentils & Carrot Mashed

Veal, Potato, Tomato & Cheese Mashed

Pasta, Zucchini, Broccoli, White Beans & Green Peas Mashed

Chicken, Corn, Cauliflower, Pearl Barley & Rice Mashed

Beef & Roast Vegetable Stew with Cous Cous Mashed

Broccoli, Cauliflower & Potato Puree

Sweet Potato Puree

Carrot & Corn Puree



Pumpkin & Sweet Potato Puree

Zucchini & Potato Puree

AFTERNOON

Mango & Ricotta Risotto Puree

Apple, Orange, Pear & Prune Puree with Iron Fortified Rice Cereal

Pear & Apple Puree with Iron Fortified Rice Cereal

Apple & Pear Semolina Puree

Apple Puree with Iron Fortified Rice Cereal



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# WEEK TWO 2017-2018

## PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MORNING

### MONDAY

Apricot & Apple  
Porridge  
Puree



### TUESDAY

Peach  
Semolina with  
Milk Puree



### WEDNESDAY

Pear & Apple Puree  
with Iron Fortified  
Rice Cereal



### THURSDAY

Apple  
Semolina  
Puree



### FRIDAY

Apple, Apricot, Pear &  
Prune Puree with Iron  
Fortified Rice Cereal



LUNCH

Beef, Pearl Barley &  
Vegetable Casserole  
Mashed

White Beans, Oats,  
Pumpkin &  
Carrot Mashed

Chicken, Potato, Corn  
& White Beans  
Mashed

Beef, Brown Rice,  
Pumpkin & Potato  
Mashed

Chicken, Ricotta,  
Pasta & Corn  
Mashed

Cauliflower, Corn  
& Potato Puree



Zucchini, Potato  
& Cauliflower Puree



Carrot & Pumpkin  
Puree



Broccoli, Green Peas,  
Zucchini & Potato Puree



Sweet Potato  
Puree



AFTERNOON

Mango & Pear Puree  
with Iron Fortified  
Rice Cereal

Apple, Apricot & Prune  
Puree with Iron Fortified  
Rice Cereal

Apple, Peach & Pear Puree  
with Iron Fortified  
Rice Cereal



Tapioca, Apple  
& Rhubarb  
Puree



Apple  
& Pear  
Puree





# WEEK THREE 2017-2018

## PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MORNING

### MONDAY

Pear  
Semolina  
Puree



### TUESDAY

Pear, Apple & Apricot  
Puree with Iron  
Fortified Rice Cereal



### WEDNESDAY

Apricot Porridge  
Puree with  
Milk



### THURSDAY

Peach, Pear  
& Tapioca  
Puree



### FRIDAY

Pear Puree with  
Iron Fortified  
Rice Cereal



LUNCH

Chicken, Red Lentil,  
Sweet Potato &  
Rice Mashed

Beef Bolognese Sauce  
with Pasta &  
Vegetables Mashed

Chicken, Sweet Potato  
& White Beans  
Mashed

Pasta, Pumpkin  
& Cheese  
Mashed

Beef, Red Lentil,  
Potato, & Carrot  
Mashed

Pumpkin & Carrot  
Puree

Potato & Pumpkin  
Puree



Carrot, Cauliflower  
& Potato Puree

Potato & Green Pea  
Puree

Cauliflower, Sweet Potato  
& Pumpkin Puree



AFTERNOON

Apple & Rhubarb  
Puree with Iron  
Fortified Rice Cereal

Apple, Peach  
& Prune  
Puree

Apple Puree with  
Iron Fortified  
Rice Cereal

Apple, Pear & Prune  
Puree with Iron Fortified  
Rice Cereal

Peach & Apple  
Semolina  
Puree

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# WEEK FOUR 2017-2018

## PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MORNING

### MONDAY

Apple & Apricot Puree with Iron Fortified Rice Cereal



### TUESDAY

Apple & Pear Porridge Puree



### WEDNESDAY

Peach Rice Pudding with Cinnamon Puree



### THURSDAY

Apple, Blueberry & Pear Puree with Iron Fortified Rice Cereal



### FRIDAY

Tapioca & Pear Puree



LUNCH

Chicken, Red Lentils & Carrot Mashed

Veal, Potato, Tomato & Cheese Mashed

Pasta, Zucchini, Broccoli, White Beans & Green Peas Mashed

Chicken, Corn, Cauliflower, Pearl Barley & Rice Mashed

Beef & Roast Vegetable Stew with Cous Cous Mashed

AFTERNOON

Broccoli, Cauliflower & Potato Puree



Sweet Potato Puree



Carrot & Corn Puree



Pumpkin & Sweet Potato Puree



Zucchini & Potato Puree



Mango & Ricotta Risotto Puree

Apple, Orange, Pear & Prune Puree with Iron Fortified Rice Cereal

Pear & Apple Puree with Iron Fortified Rice Cereal

Apple & Pear Semolina Puree

Apple Puree with Iron Fortified Rice Cereal

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# WEEK FIVE 2017-2018

## PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MORNING

### MONDAY

Apple & Apricot Porridge Puree



### TUESDAY

Peach Semolina with Milk Puree



### WEDNESDAY

Pear & Apple Puree with Iron Fortified Rice Cereal



### THURSDAY

Apple Semolina Puree



### FRIDAY

Apple, Apricot Pear & Prune Puree with Iron Fortified Rice Cereal



LUNCH

Beef, Pearl Barley & Vegetable Casserole Mashed

White Beans, Oats, Pumpkin & Carrot Mashed

Chicken, Potato, Corn & White Beans Mashed

Beef, Brown Rice, Pumpkin & Potato Mashed

Chicken, Ricotta, Pasta & Corn Mashed

Cauliflower, Corn & Potato Puree



Zucchini, Potato & Cauliflower Puree



Carrot & Pumpkin Puree



Broccoli, Green Peas, Zucchini & Potato Puree



Sweet Potato Puree



AFTERNOON

Mango & Pear Puree with Iron Fortified Rice Cereal

Apple, Apricot & Prune Puree with Iron Fortified Rice Cereal

Apple, Peach & Pear Puree with Iron Fortified Rice Cereal



Tapioca, Apple & Rhubarb Puree

Apple & Pear Puree

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# WEEK SIX 2017-2018

## PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MORNING

### MONDAY

Pear  
Semolina  
Puree



### TUESDAY

Pear, Apple & Apricot  
Puree with Iron  
Fortified Rice Cereal



### WEDNESDAY

Apricot Porridge  
Puree with  
Milk



### THURSDAY

Peach, Pear  
& Tapioca  
Puree



### FRIDAY

Pear Puree with  
Iron Fortified  
Rice Cereal



LUNCH

Chicken, Red Lentil,  
Sweet Potato &  
Rice Mashed

Beef Bolognese Sauce  
with Pasta &  
Vegetables Mashed

Chicken, Sweet Potato  
& White Beans  
Mashed

Pasta, Pumpkin  
& Cheese  
Mashed

Beef, Red Lentil,  
Potato, & Carrot  
Mashed

Pumpkin & Carrot  
Puree



Potato & Pumpkin  
Puree



Carrot, Cauliflower  
& Potato Puree



Potato & Green Pea  
Puree



Cauliflower, Sweet Potato  
& Pumpkin Puree



AFTERNOON

Apple & Rhubarb  
Puree with Iron  
Fortified Rice Cereal

Apple,  
Peach & Prune  
Puree

Apple Puree with  
Iron Fortified  
Rice Cereal

Apple, Pear & Prune  
Puree with Iron Fortified  
Rice Cereal



Peach & Apple  
Semolina  
Puree

