

PLAYBOX MENU

Week Three

Menu for babies 4 - 6 months

Monday	Potato and pea puree (V)	Mashed banana (V)
Tuesday	Pureed mixed vegetables (V)	Pureed apple (V)
Wednesday	Cauliflower, broccoli & potato puree (V)	Pureed pear (V)
Thursday	Potato & sweetcorn puree (V)	Pureed apple (V)
Friday	Carrot & potato puree (V)	Mashed banana (V)

For babies 6 - 9 months

At this stage we offer both menus, depending on your baby's dietary requirements and the stage reached in introducing dairy products and meats

For ages 9 months upwards

	Breakfast	Snack	Main course	Lunch	Pudding	Tea
Monday	Toast & milk (V) (G) (D)	Banana (V)	Mild vegetable chilli served on a bed of boiled rice (V) (G) (C) (S)	Homemade lemon sponge and vanilla custard (V) (G) (D) (E)	Chicken & vegetable noodles (G) (Se) (N) (S) (C)	
Tuesday	Cereal (V) (G) (D)	Apple (V)	Chicken, potatoes, vegetables & gravy (G) (C) (D) (S)	Strawberry dessert (V) (D)	Sliced boiled egg with whole- meal soldiers (V) (E) (G)	
Wednesday	Weetabix (V) (G) (D)	Pear (V)	Cauliflower & broccoli pasta bake with cheese sauce (V) (G) (D) (Mu) (S)	Fairy cakes (V) (G) (D) (E)	Baked beans on wholemeal toast (V) (G)	
Thursday	Toast & milk (V) (G) (D)	Cucumber & cheese (V) (D)	Fishcakes with sweetcorn & parsley sauce (F) (G) (D) (S)	Flapjack (V) (G)	Ham and cheese sandwiches & fruit (G) (D)	
Friday	Cereal (V) (G) (D)	Crumpets (V) (G) (S)	Cowboy pie (sausage, beans, onion, cheese and potato) (C) (E) (D) (S) (Mu) (G) (Sd)	Fruit salad (V)	Crackers & fruit (V) (G)	

V- Vegetarian G- Gluten D- Dairy/milk E- Egg F-Fish S-Soya C-Celery Mu-Mustard Se-Sesame seeds
Sd-Sulphur dioxide N-Nuts I-lupin Cr-Crustaceans M-Molluscs P-Peanuts

Chicken alternative soya pieces - (S) (G) Quorn sausage - (G) (D) Quorn burger- (E) (D) (G) Cauli/cheese bake- (G) (D) (E) Quorn Mince- (G) (S)