

PLAYBOX MENU

Week Four

Menu for babies 4 - 6 months

Monday	Carrot & potato puree (V)	Pureed apple (V)
Tuesday	Pureed mixed vegetables (V)	Banana puree (V)
Wednesday	Swede and potato puree (V)	Pureed pear (V)
Thursday	Pureed mixed vegetables (V)	Mixed fruit puree (V)
Friday	Cauliflower, broccoli & potato puree (V)	Banana puree (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	Weetabix (V) (G) (D)	Apple (V)	Spaghetti Bolognaise (G)	Vanilla custard (V) (D)		Cream crackers with soft cheese (V) (G) (D)
Tuesday	Toast & milk (V) (G) (D)	Cucumber & cheese (V) (D)	Homemade sweet & sour chicken & boiled rice	Fruit salad (V)		Toasted tea loaf with spread (V) (G) (S)
Wednesday	Cereal (V) (G) (D)	Pear (V)	Chunky vegetable soup with a warm wholemeal roll (V) (G) (D) (S) (C)	Carrot cake (V) (D) (E) (G)		Eggy bread with tomato (V) (G) (E)
Thursday	Toast & milk (V) (G) (D)	Crackerbread (V) (G) (D) (S)	Chicken & vegetable casserole (G) (D) (D) (C)	Gingerbread (V) (D) (E) (G)		Pancakes with fruit (V) (D) (E) (G)
Friday	Weetabix (V) (G) (D)	Banana (V)	Baked sausage, creamed potato with vegetables, Yorkshire pudding & homemade gravy (G) (D) (E) (S) (C) (Sd)	Sugar free jelly		Cheese on wholemeal toast (V) (G) (D)

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)