

PLAYBOX MENU

Week One

Menu for babies 4 - 6 months

Monday	Pureed cauliflower and carrots (V)	Pureed apple (V)
Tuesday	Vegetable and potato puree (V)	Pureed pear (V)
Wednesday	Sweetcorn, pea and potato puree (V)	Mashed banana (V)
Thursday	Broccoli and potato puree (V)	Pureed apple (V)
Friday	Carrot & potato puree (V)	Mixed fruit 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	Tea
Monday	Toast & milk (V) (G) (D)	Oatcakes (V) (D) (G)	Mild vegetable curry Served on a bed of boiled rice (V) (Mu)	Homemade apple pie (V) (D) (G) with warm vanilla custard	Scotch pancake & fruit (G) (D) (V)
Tuesday	Weetabix (V) (G) (D)	Fresh fruit (V)	Roast chicken with a selection of seasonal vegetables, mashed potatoes and homemade gravy (G) (S) (C)	Sugar free jelly	Toasted sandwiches with assorted fillings (G) (D) (F)
Wednesday	Rice Krispies (V) (D)	Banana (V)	Pasta carbonara with sweetcorn and peas (G) (D) (S) (Mu)	Homemade currant bun (D) (G) (E) (V)	Beans on toast (V) (G) (D)
Thursday	Weetabix (V) (G) (D)	Cucumber & Cheese (V) (D)	Fisherman's pie, broccoli with a drizzle of parsley sauce (F) (D) (G) (S)	Rice Krispie cake (D) (S) (V)	Cream crackers and fruit (V) (G)
Friday	Toast & milk (V) (G) (D)	Apple (V)	Homemade Shepherd's pie with carrots (G) (S) (C)	Gingerbread (D) (E) (G) (V)	Crumpets & fruit (V) (G) (S)

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)