

**WEANING MENU  
6 MONTHS**

# Stoke Green

**DAY NURSERY  
FOOD MENU**

At Stoke Green Day Nursery we cater for all ages, from 6 months plus. We understand the importance of weaning and offer guidance throughout the weaning process, we work closely with parents and carers and understand that all babies are different, and will be at different stages throughout the weaning process. Please see below, some of the healthy and nutritious weaning dishes we offer from 6 months :

## Breakfast

A wide variety of fruits can be pureéd and added to baby rice, made up with breast milk or formula milk with no added sugar. All types of fruits can be introduced, tinned fruit in juice, frozen or fresh fruit can be used, only in there own fruit juices.

*Pear*  
*Pineapple*



*Egg*  
*chicken*  
*Lamb*



## Main meals & puddings

Starchy root vegetables are useful first foods, mash and puree, add in breast milk or formula. Seasonal vegetables, no added salts. Good vegetable suggestions are sweet potatoes, parsnips, butternut squash. It is important to offer babies foods that are rich in iron and zinc, Pulses and lentils are very good foods to offer for different tastes and textures.

**Offer breast milk and formula milk when needed throughout the day, boiled water offer from 6 months.**



# Stoke Green

## DAY NURSERY FOOD MENU

We work closely with parents and carers and understand that all babies are different, and will be at different stages throughout the weaning process. The guidance is from 9 - 12 months a baby should be eating a wide range of minced and chopped foods, also eating three meals a day, as well as having three bottles of milk (breast or formula 400ml). Weaning is an exciting experience for babies and this should not be rushed within the weaning process. Allow time for your baby to explore the different textures and tastes. The consistency of foods should be minced and chopped rather than mashed, babies can start to have wider ranges of finger foods with their meals, for example raw fruit and vegetables.

### Breakfast

A wide variety of fruits can be added to breakfast meal times, for example

- muesli with strawberries and blueberries, Weetabix with fresh fruits, omelette with tomatoes, porridge oats with bananas, seasonal fruit smoothies with the babies preferred milk. A variety of finger food options.

*Porridge with apricot & apple slices*



*Chicken casserole & broccoli*



### Main meals & puddings

At 9+ months we offer our four week menu to all the babies, the consistency will depend on each individual child's age and weaning stage.

For puddings we offer full fat greek or natural yoghurt, mixed with pureed fruits, when using milk in puddings use breast or formula milk (high fats). No low fats in foods.

**Offer breast milk and formula milk when needed throughout the day, and full fat milk from 12 months.**