

# 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.**