

Introducing food to babies menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Fruit	Breadsticks	Smashed Banana's	Steamed carrot sticks	Steamed parsnip chips
High tea	Green Mash	Fruity stew	Root vegetable mash	Vegetable soup with bread soldiers	Omelette fingers

Week 1

The following allergens are highlighted:

Cereals containing gluten, Milk, Fish, Eggs