

Summer Menu 6 months to 1 years old.

| Week 1 | Breakfast | Snack | Lunch | Snack | Tea |
|-----------|--|---|---|--|---|
| Monday | Plain Live Yogurt/Vegan yogurt with pureed banana/blueberries/dates. | Pureed Apple & banana Apple & banana pieces. | Cheese & tomato pizza pieces with salad. *Can swap to gluten free base & vegan cheese. | Pureed strawberry & blueberry strawberries & blueberries pieces. | Jacket potato, melted cheese & salad. *Can swap to vegan cheese. |
| Tuesday | Selection of cereals: Weetabix cornflakes porridge | Hummus, carrot & cucumber sticks. | Mexican Quinoa, peppers,kidney beans, sweetcorn. | Butternut & apple puree. Apple & cooked butternut pieces. | Tuna mayo & sweetcorn/cheese & tomato sandwich. *Vegan mayo can be used or vegan cheese. |
| Wednesday | Pancakes with chopped banana/blueberries/strawberries. *Can use vegan & nut free milk alternative | Pear & banana puree/cooked banana & pear pieces. | Jacket potato with chicken mayo/hummus & salad. *Can swap for vegan mayo. | Homemade flapjack, made with sunflower seeds, coconut sugar & raisins. *Can swap to gluten free oats. | Chicken/mixed beans couscous salad. *Can swap to gluten free couscous. |
| Thursday | Toast/gluten free toast with selection of jams (homemade) or cream cheese with cooked tomatoes | Avocado & pear puree/apple & avocado pieces. | Vegetable Pasta Bake, pasta, tomato puree,peppers,onions and bechamel sauce | Melon fingers or mashed mango. Boiled melon | Chicken/tofu stir fry & rice. |

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| Friday | Baby oats with mashed banana and cinnamon | Date balls with sunflower seeds, sugar free cocoa powder, maple syrup & oats. *Can swap to gluten free oats. | Chicken/tofu & veg skewers (onion, pepper, mushroom) with rice. | Mango, banana & carrot puree/Mango, banana & carrot sticks. | Creamy Mushroom Pasta. * Can be pureed for younger babies |
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| Week 2 | Breakfast | Snack | Lunch | Snack | Tea |
|-----------|---|--|---|--|---|
| Monday | Baby oats with mashed banana and cinnamon | Pureed strawberry, sweet potato, blueberry & strawberries boiled sweet potato & blueberries. | Jacket potato, melted cheese & salad. *Can swap to vegan cheese. | Pureed Apple, avocado & banana/apple, avocado & banana pieces. | Mashed peas and rice with olive oil . |
| Tuesday | Plain Live Yogurt/Vegan yogurt with pureed banana/blueberries. | Carrot, butternut & apple puree/apple, carrot & cooked butternut pieces. | Lamb pie *Swap dough to potatoes carrots diced lamb onion & spices. Can use gluten free Gravy | Hummus, carrot & cucumber sticks. | Tuna mayo & sweetcorn/cheese & tomato sandwich. *Vegan mayo can be used or vegan cheese. |
| Wednesday | Pancakes with chopped banana/blueberries/strawberries. *Can use vegan & nut free milk alternative. | Homemade flapjack, made with apple apricot and sultana squares. *Can swap to gluten free oats | Salmon Broccoli and Rice *Can swap Salmon to Tofu | Butternut, pear & banana puree/cooked butternut, banana & pear pieces. | Turkey and sweetcorn mash |

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| Thursday | Selection of Cereal Weetabix Porridge Cornflakes | Apple/banana puree with live/vegan yogurt. | Red Lentil and Tomato Pasta | Avocado & pear puree/apple & avocado pieces. | Courgette, potato & spinach pure |
| Friday | Toasts, with selection of jams (homemade) or cream cheese with cooked tomatoes. | Mango, banana & carrot puree/Mango, banana & carrot sticks. | mixed beans couscous salad. *Can swap to gluten free couscous. | Date balls with sunflower seeds, sugar free cocoa powder, maple syrup & oats. *Can swap to gluten free oats. | Chicken/tofu & veg onion, pepper, mushroom with rice, pureed or chopped. |

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Swaps (food allergies/vegetarian/atopic conditions)-

- Vegan yogurt is good for any children with dairy allergies & intolerances/IBS/colic/reflux/eczema.
- Vegan milk is good for any children with dairy allergies & intolerances/IBS/colic/reflux/eczema.
- Vegan butter is good for any children with dairy allergies & intolerances/IBS/colic/reflux/eczema.
- Gluten free bread/pizza bases are good for any children that have gluten allergies & intolerances/celiac/colic/reflux/eczema.
- Gluten free gravy is good for any children that have gluten allergies & intolerances/celiac/colic/reflux/eczema.
- Vegan cheese is good for any children with dairy allergies & intolerances/IBS/colic/reflux/eczema.
- Vegan mayo is good for any children with dairy allergies & intolerances/IBS/colic/reflux/eczema.
- Gluten free oats is good for any children that have gluten allergies & intolerances/celiac/colic/reflux/eczema.
- Gluten free couscous is good for any children that have gluten allergies & intolerances/celiac/colic/reflux/eczema.

Benefits:

Breakfasts-

- High protein (yogurt) breakfasts are good for blood sugar balance which helps with energy & mood throughout the day.
- Live yogurt contains beneficial bacteria for the gut to strengthen the immune system.
- Banana, strawberries & blueberries contain fibre to prevent constipation & antioxidants for the immune system.
- Tomatoes contain calcium & vitamin K for healthy bones & vitamin A for immunity & good eye sight.

Snacks-

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- Apple is good for fibre to prevent constipation & contain B vitamins & vitamin C for a healthy immune & nervous system (brain).
- Avocado is high in omega 6 good for the brain, skin & hormones.
- Sweet potato is high in vitamin A, C & B6 good for the immune system, hormones & brain.
- Hummus contains protein which is good for the body's growth & repair, plus iron, magnesium & manganese, which are good for red blood cells, energy & blood sugar balance.
- Carrots are high in vitamin A & C which are good for the immune system, plus fibre to help the good bacteria in the gut.
- Cucumber is good for babies that are teething & contains vitamins K & C, good for the immune system, bones & blood clotting.
- Butternut is high in vitamins A, C & E & B vitamins which is good for the immune & nervous system (brain).
- Pear contains copper, potassium & calcium which are a good source of electrolytes to prevent dehydration & overall cell functions.
- Sunflower seeds are a good source of vitamin E & B vitamins & selenium which are good for the immune system, hormones & nervous system (brain).
- Raisins are high in iron, calcium & antioxidants which are good for energy, the immune system & bone health.
- Dates are good for potassium, iron, magnesium & copper, which are good for hormone balance, electrolytes to prevent dehydration & energy.
- Oats contain phosphorous, zinc & selenium, plus B vitamins & fibre which are good for immunity, bones, hormones & the nervous system (brain), plus to keep the digestive tract healthy.
- Cocoa powder is a good source of iron, zinc, selenium & magnesium which is good for energy & hormone balance.
- Mango is high in vitamins A, C & E, plus potassium, which is good for the immune system & to prevent dehydration.

Lunches/Teas-

- Cheese is a good protein source for slow-release energy & contains calcium, vitamin D & zinc, which are good for immunity, hormones & bone health.
- Chicken contains a lot of protein which is great to balance blood sugar & improve energy, plus it contains zinc, iron & magnesium all good for energy & hormone balance.
- Tofu is a good source of fibre & protein which can help gut health & also blood sugar balance. It is also a good source of calcium, iron, zinc & magnesium, all good for energy, hormones & bone health.
- Peppers are high in vitamins A, C & E, plus B6 & folate which are good for the immune & nervous system (brain).
- Rice is good for B vitamins, magnesium & potassium, which support the nervous system & provide electrolytes to prevent dehydration.
- Tuna contains a lot of protein, plus zinc, iodine & vitamin D which are needed for a strong immune system & hormonal balance.
- Mixed beans are a good source of protein, to help balance blood sugar, plus fibre to keep the gut healthy & also iron, potassium & B vitamins which support the nervous system (brain) & circulation system (blood)
- Couscous is high in fibre to keep the gut healthy, plus B vitamins & magnesium which are good for the nervous system & hormones.
- Lamb mince is high in protein, zinc, iron & B12, which is good for brain health, immunity & energy.
- Prawns are a good source of protein, iron, B12 & zinc which is good for brain health, immunity & energy.
- Lentils contain some protein & fibre which is good for blood sugar balance & energy. They also contain iron, zinc & B vitamins which support brain function, cardiovascular health & hormones.

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- Pumpkin seeds are high in omega 6, which helps the brain function & balances hormones. They also contain protein, zinc, Vitamin E & magnesium, which support the immune system & hormones.
- Red cabbage is a good source of vitamins C & K & folate which help with the immune system, nervous system (brain) & circulatory system.
- Parsnips contain vitamin C, potassium & folate, which help with immunity, to prevent dehydration & brain function.
- Coconut sugar is high in antioxidants that support the immune system.
- Maple syrup is a good source of manganese & vitamin B2, which help with energy.
- Chickpeas contain the B vitamins which help with energy hormones & brain function.

*Use more purees for any children who have issues with constipation/reflux/colic/food texture aversions.