

Winter Menu 6 months to 1 years old.

Week 1	Breakfast	Snack	Lunch	Snack	Tea
Monday	Toast/gluten free toast with selection of jams (homemade) or cream cheese with cooked tomatoes	Butternut and Pear puree/cooked  Butternut & Pear pieces	Shepherd's pie/cottage pie. *Vegan butter for mash & gluten free gravy. Quorn mince for veggie.	Pureed strawberry, sweet potato & blueberry/strawberries, boiled sweet potato & blueberries.	Broccoli Soup with Bread/ Gluten free Bread *Can swap bread to gluten free & butter to vegan
Tuesday	Plain Live Yogurt/Vegan yogurt with banana/blueberries/raisins/chopped dates.	Hummus, carrot & cucumber sticks.	Okra Cous Cous  *Can swap to gluten free couscous	Apple and Plum puree.  Apple and Plum pieces	Roast chicken/lentil & seed (pumpkin) roast with roast potatoes, gravy, peas & carrots. *Can swap gravy for gluten free gravy.
Wednesday	Pancakes with chopped banana/blueberries/strawberries.  *Can use vegan & nut free milk alternative.	Pureed Apple, avocado & banana/apple, avocado & banana pieces.	Aubergine stew and Rice Greek Yoghurt	Homemade flapjack, made with sunflower seeds, coconut sugar & raisins. *Can swap to gluten free oats.	Lentil & vegetable soup with bread/gluten free bread. *Can swap bread to gluten free & butter to vegan one.
Thursday	Selection of cereals :  Cornflakes Weetabix porridge	Avocado & pear puree/ apple & avocado pieces.	Fish Pie Can swap for Potatoes instead of pastry  Vegetables instead of Fish	Cooked mini Vegetable sticks served with Zucchini and Spinach * Puree for younger babies	Chickpea/chicken stew with potatoes & veg. *Can use gluten free gravy.
Friday	Baby oats with puree apple and with cinnamon *can use grated apples	Date balls with sunflower seeds, sugar free cocoa powder, maple syrup & oats. *Can swap to gluten free oats.	lentil curry with rice.	Mango/banana puree  Mango/ Banana slices	Tuna/ cheese & tomato pasta bake. *Can swap for gluten free pasta & dairy free cheese.

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week 2	Breakfast	Snack	Lunch	Snack	Tea
Monday	Baby oats with mashed banana and cinnamon	Homemade flapjack, made with apple apricot and sultana squares. *Can swap to gluten free oats.	Butter Bean Stew Rice	Pureed Apple, avocado & banana/apple, avocado & banana pieces.	Mini Vegetables puree with Sweet Potato mash
Tuesday	Pancakes with chopped banana/blueberries/strawberries. *Can use vegan & nut free milk alternative.	butternut & apple puree/apple & cooked butternut pieces.	Roast chicken/lentil & seed (pumpkin) roast with roast potatoes, gravy, peas & carrots. *Can swap gravy for gluten free gravy.	Hummus, carrot & cucumber sticks.	Vegetable Bolognese with Greek Yogurt
Wednesday	Toasts, with selection of jams (homemade) or cream cheese with cooked tomatoes.	Pureed strawberry, sweet potato & blueberry/strawberries, boiled sweet potato & blueberries.	Baked salmon, mashed potato & green beans  * Can use tofu as an alternative	Pear & banana puree/cooked  banana & pear pieces.	Green Lentil Risotto
Thursday	Selection of Cereal  Weetabix Porridge Cornflakes	Apple/banana puree with live/vegan yogurt.	Chickpea/chicken stew with potatoes & veg. *Can use gluten free gravy.	Avocado & pear puree/apple & avocado pieces.	Butternut & vegetable soup with bread/gluten free bread. *Can swap bread to gluten free & butter to vegan one.

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Friday	Plain Live Yogurt/Vegan yogurt with banana/blueberries/raisins/chopped dates.	Mango & Peaches puree/Mango & peaches sticks.	Vegetable Lasagne	Date balls with sunflower seeds, sugar free cocoa powder, maple syrup & oats. *Can swap to gluten free oats.	Soft fish fingers with sweet potato mash and peas. * use veggie fingers as alternative * Can be pureed
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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/pitta is 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.

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- 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 chicken sausages are good for any children that have gluten allergies & intolerances/celiac/colic/reflux/eczema.

Benefits-

Breakfasts-

- High protein (eggs/beans/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.
- Mushrooms contain B vitamins, zinc & magnesium for energy & fibre for a healthy gut.
- Tomatoes contain calcium & vitamin K for healthy bones & vitamin A for immunity & good eye sight.

Snacks-

- 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).

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- 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.

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