

THE LAWNS CHILDREN'S NURSERY



VEGETABLE-LED WINTER WEANING MENU



EDUCATED BEGINNINGS = OUTSTANDING FUTURES

FOOD FOR THOUGHT

WE KNOW HOW IMPORTANT IT IS TO PROVIDE GROWING CHILDREN WITH HEALTHY MEALS USING A SELECTION OF FRESH INGREDIENTS.

OUR NURSERY MENUS ARE CAREFULLY PLANNED, FOLLOW THE CHILDREN'S FOOD TRUST GUIDELINES AND JOE WICKS - WEAN IN 15.

WE PROVIDE OPPORTUNITIES FOR CHILDREN TO EXPERIENCE DIFFERENT FOODS AND DEVELOP HEALTHY EATING PATTERNS.

CHILDREN AND BABIES ARE INVOLVED IN FAMILY STYLE MEALS; THE CHILDREN LEARN TO SET TABLES, SERVE THEMSELVES, LEARN TABLE ETIQUETTE AND SHARE SOCIAL CONVERSATIONS. MOST IMPORTANT OF ALL, MEAL TIMES FOR ALL AGES ARE SEEN AS AN ENJOYABLE, RELAXED TIME AND ENCOURAGE CHILDREN TO COME TOGETHER AND LEARN HOW TO BE PART OF A GROUP AND THIS TEACHES THEM VALUABLE SOCIAL SKILLS.

WE ARE AWARE THAT SOME CHILDREN AND BABIES MAY HAVE SPECIFIC DIETARY REQUIREMENTS AND THESE, FOLLOWING CONSULTATION WITH THE NURSERY, CAN BE CATERED FOR.



NUTRITION

THE LAWNS CHILDREN'S NURSERY LOVE HAVING OUR NURSERIES FULL OF HAPPY, HEALTHY, CHILDREN BURSTING WITH ENERGY AND VITALITY...AND WE BELIEVE THAT THE QUALITY OF THE FOOD WE SERVE HAS AN ESSENTIAL PART TO PLAY.

WE ARE COMMITTED TO SERVING HEALTHY, BALANCED AND NUTRITIOUS FOODS THAT GIVE YOUR CHILD ALL OF THE ENERGY THEY NEED FOR A BUSY DAY OF PLAY, LEARNING AND DEVELOPMENT.

MENUS ARE CAREFULLY PLANNED AND FRESHLY PREPARED BY OUR CHEFS, FOLLOWING NUTRITIONAL GUIDELINES. IN ADDITION TO A TWO COURSE BALANCED LUNCH, OUR CHILDREN ALSO EAT BREAKFAST, A MORNING AND AFTERNOON FRUIT / VEGETABLE SNACK AND AFTERNOON 'HIGH TEA'.

WE MAKE EVERY EFFORT TO MAKE MEALTIMES FUN AND AN OPPORTUNITY TO LEARN - MEALS ARE SERVED WITH A FAMILY STYLE SO THAT CHILDREN QUICKLY GRASP KEY SKILLS AND FOOD ETIQUETTE - SETTING THE TABLE, SERVING THEMSELVES, SHARING CONVERSATION AND CLEARING AWAY AFTERWARDS.

WE BELIEVE IN EDUCATING CHILDREN ABOUT FOOD TO ENCOURAGE THEM TO MAKE HEALTHY FOOD CHOICES FOR THEMSELVES. THROUGH INITIATIVES LIKE OUR GARDENING PROGRAMME AND COOKERY PROGRAMME, WE INTRODUCE CHILDREN TO GROWING AND EATING A WIDE VARIETY OF FOODS, AND WE ENCOURAGE PARENTS TO GET INVOLVED IN COOKING ACTIVITIES.



VEGETABLE - LED WEANING

SIX MONTHS - Single tastes:

Broccoli Puree

Kale Puree

potato Puree

Swede Puree

Avocado Puree

Courgette Puree

Pea Puree

Cauliflower Puree

Asparagus Puree

Parsnip Puree



VEGETABLE - LED WEANING

**SEVEN MONTHS + Combined
tastes:**

Courgette, Pea and Mint Puree.

Potato, Parsnip and Carrot.

Broccoli, Swede and Potato Mash.

Avocado and Butterbean Mash.

Cheese and Tomato Orzo.

Cheesy Courgette and Spring

Onion Rice.

Leek, Quinoa and Tarragon.

Sweet Potato, White Fish and

Broccoli.

Avocado Basil Puree.

Broccoli, Salmon, Peas and Potato.



VEGETABLE - LED WEANING

SEVEN MONTHS+ Finger Foods:

Well cooked vegetables.

Cheese and Broccoli Scones.

Kale Chips.

**Eggy Bread with Mashed
Strawberry & Whole Milk Yogurt.**

Blackberry and Apple Cinnamon.

Chopped bananas.

Chopped berries.

Chopped Olives.



DAY 1 - TEN+ MONTHS

Breakfast

**Cereal or natural yogurt & fruit.
Milk or water.**

Morning snack

**Finger Foods - Chopped olives, chopped
bananas.
Milk or water.**

Lunch

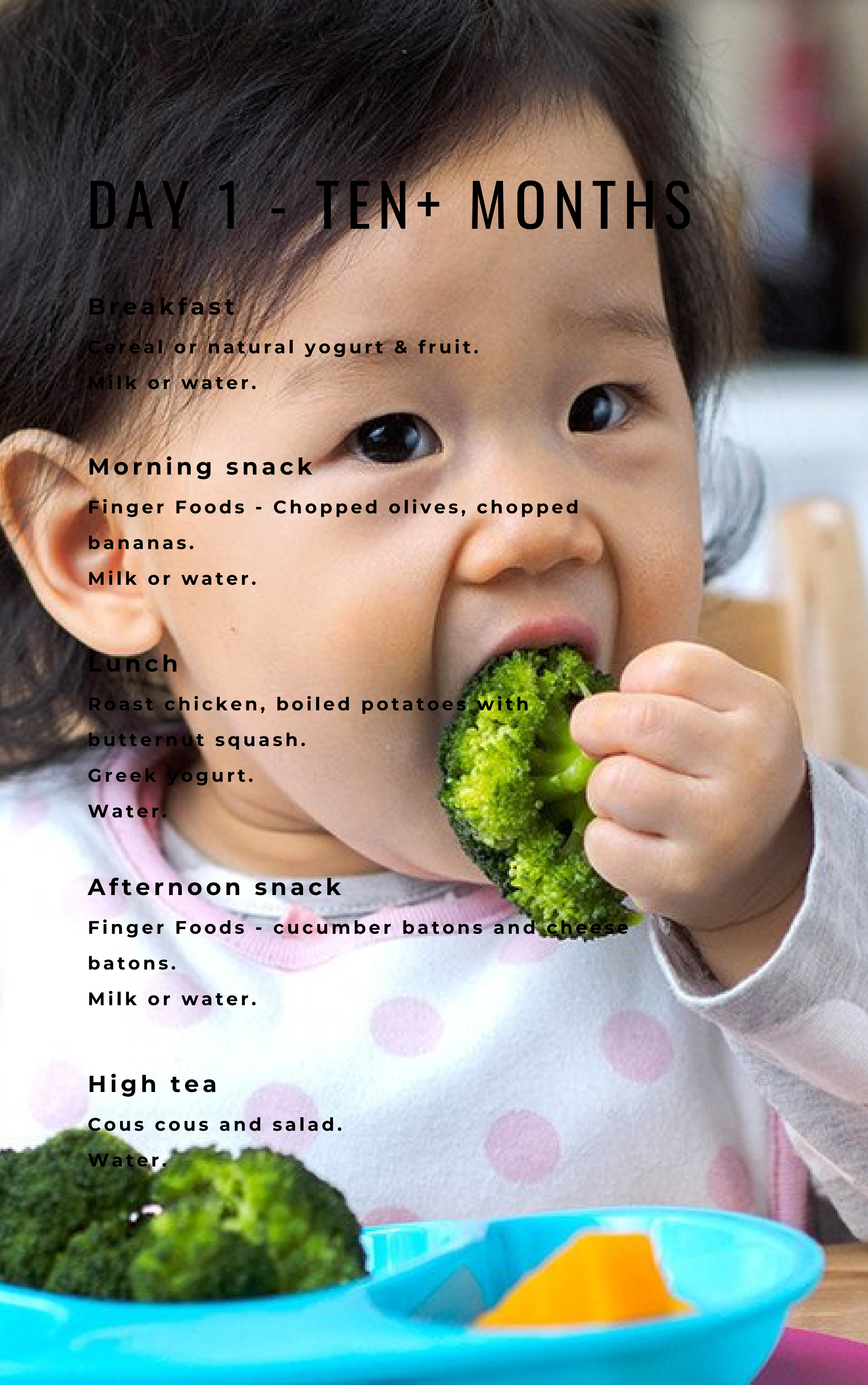
**Roast chicken, boiled potatoes with
butternut squash.
Greek yogurt.
Water.**

Afternoon snack

**Finger Foods - cucumber batons and cheese
batons.
Milk or water.**

High tea

**Cous cous and salad.
Water.**



DAY 2 - TEN+ MONTHS

Breakfast

Cereal or natural yogurt & fruit.

Milk or water.

Morning snack

Finger Foods - Avocado & wholemeal pitta fingers.

Milk or water.

Lunch

White fish fillets, baby smashed potatoes served with mashed peas.

Cheese board (Cheddar cheese & grape quarters).

Water.

Afternoon snack

Finger Foods - apple slices & soft plum slices.

Milk or water.

High tea

Wholemeal bread fingers, egg slices and cucumber sticks.

Water.

DAY 3 - TEN+ MONTHS

Breakfast

Cereal or natural yogurt & fruit.

Milk or water.

Morning snack

Finger Foods - chopped olives and chopped bananas.

Milk or water.

Lunch

Homemade flatbread & Tzatziki.

Cauliflower & broccoli gratin served with steamed carrot batons.

Water.

Afternoon snack

Finger Foods - raspberries.

Milk or water.

High tea

Grated Cheddar cheese, wholemeal bread, cucumber and steamed carrot sticks.

Water.



DAY 4 - TEN+ MONTHS

Breakfast

Cereal or natural yogurt & fruit.

Milk or water.

Morning snack

Finger Foods - Wholemeal pitta bread with smashed strawberries.

Milk or water.

Lunch

Turkey and vegetable stew, carrot & swede mash served with smashed Brussels sprouts.

Whole milk yoghurt.

Water.

Afternoon snack

Finger Foods - Chopped olives, cheddar cheese batons.

Milk or water.

High tea

Bagels with cream cheese served with cherry tomato quarters.

Water.

DAY 5 - TEN+ MONTHS

Breakfast

Cereal or natural yogurt with fruit.

Milk or water.

Morning snack

Finger Foods - smashed blueberries and cheese batons.

Milk or water.

Lunch

Chicken korma, brown rice served with a mint and cucumber dip.

Greek yoghurt.

Water.

Afternoon snack

Finger Foods - Chopped banana & bread sticks.

Milk or water.

High tea

Chickpea mayonnaise, pitta bread fingers and steamed carrot batons.

Water.

DAY 6 - TEN+ MONTHS

Breakfast

Cereal or natural yogurt & fruit.
Milk or water.

Morning snack

Finger Foods - Cucumber batons and
wholemeal pitta.
Milk or water.

Lunch

Celeriac cottage pie with fresh parsley
served with green beans.
Cheese board (Cheddar cheese with grape
quarters)
Water.

Afternoon snack

Finger Foods - chopped banana and berries.
Milk or water.

High tea

Pasta salad, tuna and sweetcorn.
Water.



DAY 7 - TEN+ MONTHS

Breakfast

Cereal or natural yogurt and fruit.

Milk or water.

Morning snack

Finger Foods - Chopped melon and plums.

Milk or water.

Lunch

Chilli con carne and steamed kale.

Natural yoghurt.

Water.

Afternoon snack

Finger Foods - Cucumber sticks and chopped apple.

Milk or water.

High tea

Pitta bread slices, cheese batons served with olive quarters.

Water.



DAY 8 - TEN+ MONTHS

Breakfast

Cereal or toast with spread or natural yogurt.

Milk or water.

Morning snack

Finger Foods - Berries.

Milk or water.

Lunch

Winter vegetable soup.

Jacket potato, grated cheddar cheese and chopped cherry tomatoes.

Water.

Afternoon snack

Finger Foods - Chopped strawberries and steamed carrot sticks.

Milk or water.

High tea

Scrambled egg, wholemeal toast and chopped cherry tomatoes.

Water.





DAY 9

Breakfast

Cereal or natural yogurt and fruit.
Milk or water.

Morning snack

Chopped soft pear and steamed carrot batons.
Milk or water.

Lunch

Pasta beef & pepper bolognaise, wholemeal pasta served with steamed courgettes.
Natural yogurt.
Water.

Afternoon snack

Finger Foods - Nectarine segments.
Milk or water.

High tea

Crumpets with smashed avocado.
Water.



We hope your children enjoy the Menu.

With thanks to our Nursery Chef's for creating the menu.

