

THE LAWNS CHILDREN'S NURSERY



VEGETABLE-LED 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.

Raspberry and Oat Fingers.

Cheese and Broccoli Scones.

Kale Chips.

Eggy Bread with Mashed

Strawberry Yogurt.

Blackberry and Apple Cinnamon

Baked Oats.

Chopped bananas.

Chopped berries.

Chopped Olives.



DAY 1 - TEN+ MONTHS

Breakfast

Cereal or toast with spread.

Milk or water.

Morning snack

Finger Foods - Chopped olives, chopped bananas.

Milk or water.

Lunch

Creamy chicken (or Quorn) and leek hotpot and broccoli as a finger food.

Natural yogurt and chopped dates.

Water.

Afternoon snack

Finger Foods - chopped berries.

Milk or water.

High tea

Cheddar cheese with wrap strips, carrot and cucumber sticks.

Water.



DAY 2 - TEN+ MONTHS

Breakfast

Cereal or toast with spread.

Milk or water.

Morning snack

Finger Foods - Cucumber sticks, raspberry and oat fingers.

Milk or water.

Lunch

Beef lasagne (or tomato and lentil lasagne) and swede batons for finger food.

Chopped bananas and custard.

Water.

Afternoon snack

Finger Foods - chopped berries and carrot sticks.

Milk or water.

High tea

Egg mayonnaise with wholemeal pitta strips, carrot and cucumber sticks.

Water.



DAY 3 - TEN+ MONTHS

Breakfast

Cereal or toast with spread or natural yogurt.

Milk or water.

Morning snack

Finger Foods - chopped olives, pepper strips and bananas.

Milk or water.

Lunch

Jacket potato with baked beans and cheddar cheese.

Greek yogurt and raspberry puree.

Water.

Afternoon snack

Finger Foods - Kale crisps and sliced pear.

Milk or water.

High tea

Bagels with cream cheese and mixed salad.

Water.



DAY 4 - TEN+ MONTHS

Breakfast

Cereal or toast with spread or natural yogurt.

Milk or water.

Morning snack

Finger Foods - Eggy bread with mashed strawberry yogurt .

Milk or water.

Lunch

White fish, mashed potato and smashed peas.

Rice pudding and raisins.

Water.

Afternoon snack

Finger Foods - Chopped olives, cheddar cheese.

Milk or water.

High tea

Wholemeal sandwiches, Kale crisps and salad.

Water.



DAY 5 - TEN+ MONTHS

Breakfast

Cereal or toast with spread or natural yogurt.

Milk or water.

Morning snack

Finger Foods - Blackberry and apple cinnamon baked oats .

Milk or water.

Lunch

**Wholemeal macaroni cheese and peas.
Sliced banana and natural yogurt.**

Water.

Afternoon snack

Finger Foods - Avocado and wholemeal bread fingers .

Milk or water.

High tea

Breaded chicken (or Breaded Quorn) with wrap strips and salad.

Water.



DAY 6 - TEN+ MONTHS

Breakfast

Cereal or toast with spread or natural yogurt.

Milk or water.

Morning snack

Finger Foods - Cheese and broccoli scones.

Milk or water.

Lunch

Roast chicken (or Quorn fillet), potato and root vegetable mash.

Apple stew and custard.

Afternoon snack

Finger Foods - chopped banana and berries.

Milk or water.

High tea

Wholemeal toast with cheese and salad sticks.

Water.

DAY 7 - TEN+ MONTHS

Breakfast

Cereal or toast with spread or natural yogurt.

Milk or water.

Morning snack

Finger Foods - Chopped olives and chopped bananas.

Milk or water.

Lunch

Cod, potato and spinach curry with rice.

Whole milk yogurt.

Water.

Afternoon snack

Finger Foods - Cucumber sticks and chopped berries.

Milk or water.

High tea

English muffin pizza strips with salad sticks.

Water.



DAY 8 - TEN+ MONTHS

Breakfast

Cereal or toast with spread or natural yogurt.

Milk or water.

Morning snack

Finger Foods - Raspberry and oat fingers.

Milk or water.

Lunch

Vegetarian meatballs, pasta and salad.

Bananas and custard.

Water.

Afternoon snack

Finger Foods - Chopped strawberries and carrot sticks.

Milk or water.

High tea

Fishfinger wholemeal sandwich and salad.

Water.



DAY 9

Breakfast

Cereal or toast with spread or natural yogurt.

Milk or water.

Morning snack

Chopped olives and chopped soft pear.

Milk or water.

Lunch

Fish and pea fishcakes, potato and mixed vegetables.

Whole milk yogurt.

Water.

Afternoon snack

Finger Foods - Cheese and broccoli scones.

Milk or water.

High tea

Pasta salad and sweetcorn.

Water.





We hope your children enjoy the Winter Menu.
With thanks to our Nursery Chef's (Tamsie, Lisa and Toni) for creating the menu

