



Week Five 2018/19

PUREE MENU 6 MONTHS TO 12 MONTHS [2]

Monday

Tuesday

Wednesday

Thursday

Friday

MORNING

TAPIOCA & PEAR PUREE

APRICOT & APPLE PORRIDGE PUREE

PEACH SEMOLINA WITH MILK PUREE

PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE SEMOLINA PUREE



LUNCH

BEEF & ROASTED VEGETABLE STEW WITH COUS COUS MASHED

BEEF, PEARL BARLEY & VEGETABLE CASSEROLE MASHED

WHITE BEANS, OATS, PUMPKIN & CARROT MASHED

CHICKEN, POTATO, CORN & WHITE BEANS MASHED

BEEF, BROWN RICE, PUMPKIN & POTATO MASHED

ZUCCHINI & POTATO PUREE

CAULIFLOWER, CORN & POTATO PUREE

ZUCCHINI, POTATO & CAULIFLOWER PUREE

CARROT & PUMPKIN PUREE

BROCCOLI, GREEN PEAS, ZUCCHINI & POTATO PUREE



AFTERNOON

APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

MANGO & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE, APRICOT & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

PEACH, PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

TAPIOCA, APPLE & RHUBARB PUREE

