

Shofar Daycare Nursery Babies Menu

We order food from this menu for babies who are weaned but are not eating solid foods yet.

The majority of our babies eat the food from our other, whole-school menu.

Week 1	Fruit baby cereal made with formula milk	Baby porridge with mashed banana	Fruit baby cereal made with formula milk	Baby porridge with mashed banana	Fruit baby cereal made with formula milk
Breakfast					
Morning snack	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water
Lunch	Pureed fish, peas and mashed potato	Pureed lentils with tomato, courgettes, sweetcorn and rice	Pureed root vegetable and red lentil stew with Basmati rice	Mashed potato with baked beans and cheese	Pureed salmon, broccoli, carrots and pasta
Dessert	Stewed fruit compote	Smooth vanilla rice pudding	Pureed fruit	No added sugar fruit yoghurt	Pureed fruit
Afternoon snack	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water
Tea	Pureed mild vegetable korma with lentil rice	Pureed spaghetti bolognaise	Pureed noodles with peppers and broccoli	Pureed kidney beans with tomato sauce and vegetables	Pureed vegetables with rice
	Fruit	Fruit	Fruit	Fruit	Fruit
Week 2	Fruit baby cereal made with formula milk	Baby porridge with mashed banana	Fruit baby cereal made with formula milk	Baby porridge with mashed banana	Fruit baby cereal made with formula milk
Breakfast					
Morning snack	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water
Lunch	Pureed pasta with farmhouse vegetables	Pureed lentils with vegetables and rice	Pureed salmon and pasta	Pureed lentils, vegetables and rice	Mash potatoes, carrots and peas
Dessert	Pureed fruit	No added sugar Fruit yoghurt	Smooth vanilla rice pudding	Stewed fruit compote	Pureed fruit
Afternoon snack	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water
Tea	Pureed vegetables with rice	Broccoli, cauliflower and potato mash	Chickpea and sweet potato mash	Pureed courgette, peas and rice	Pureed pasta with roasted vegetables
	Fruit	Fruit	Fruit	Fruit	Fruit
Week 3	Fruit baby cereal made with formula milk	Baby porridge with mashed banana	Fruit baby cereal made with formula milk	Baby porridge with mashed banana	Fruit baby cereal made with formula milk
Breakfast					
Morning snack	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water
Lunch	Pureed lentils, vegetables and couscous	Pureed potato mash, beans and cheese	Pureed fish, peas and mashed potato	Pureed potato mash and vegetables	Pureed spaghetti bolognaise
Dessert	Stewed fruit compote	Pureed fresh fruit	Smooth vanilla rice pudding	No added sugar Fruit yoghurt	Pureed fresh fruit
Afternoon snack	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water
Tea	Butternut squash and broccoli mash	Pureed sweetcorn and chickpea pasta	Pureed butternut squash with red lentils and rice	Pureed leak, peas and potato mash	Pureed cheese and tomato pasta bake
	Fruit	Fruit	Fruit	Fruit	Fruit
Week 4	Fruit baby cereal made with formula milk	Baby porridge with mashed banana	Fruit baby cereal made with formula milk	Baby porridge with mashed banana	Fruit baby cereal made with formula milk
Breakfast					
Morning snack	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water	Baby snacks as agreed with parents Water
Lunch	Pureed vegetables and mash	Pureed fish, peas and mash	Pureed rice with vegetables and lentils	Pureed vegetables, haricot beans and mash	Pureed beany casserole with rice
Dessert	Smooth vanilla rice pudding	Pureed fruit	Stewed fruit compote	No added sugar Fruit yoghurt	Pureed fruit
Afternoon snack	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water	Baby rice cakes Water
Tea	Pureed tomato pasta with cheese	Pureed vegetables and basmati rice	Chickpea and sweet potato mash	Pureed tomato, kidney beans and rice	Pureed carrots, sweetcorn and spinach pasta
	Fruit	Fruit	Fruit	Fruit	Fruit