



# Early Start Nutrition

## Example Weaning

### Autumn/ Winter Menu

#### Additional Notes:

- Water is offered in open top cups and/or free-flow beakers, to support children to learn to sip
- Allergy information can be found on each menu, using the allergy coding
- Children are offered appropriate alternatives, based on their special dietary requirements, as agreed in their care plans
- Food prepared in accordance with each child's development and stage of weaning
- Food carefully prepared to reduce the risk of choking- <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>

## Example 1-week menu for babies aged 7-9 months




### Typical daily pattern of food and breastmilk/ first infant formula

- Typically, four milk feeds a day (for example, on waking, after lunch, after tea, before bed).
- Breastfed infants should be fed responsively
- Approximately 600ml of first infant formula each day for formula fed babies

### Texture

- Speak to families about their child's texture progression to ensure a consistent approach at home and in your setting
- Typically, at 7- 9 months, babies should be offered mashed textures with small soft lumps, alongside soft finger foods.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8-8:30am)	Wheat bisks with milk and banana fingers (2, 7)	Eggy wholemeal bread * with avocado fingers (4, 2)	Porridge made with grated apple and milk (2, 7)	Greek yoghurt with mashed blueberries and rice cake fingers (2, 7)	Scrambled egg with toast fingers and soft pear fingers (4, 2, 7)
Morning Snack	Not provided (energy and nutrient needs met by main meals and breastmilk/first infant formula).				
Lunch (12:15pm)	Avocado and split peas with mashed potato and cooked carrot fingers	Chicken and vegetables stew (onion, pepper, carrot, broccoli) with sweet potato fingers	Chickpea and spinach dahl with mashed white rice and cooked red pepper fingers	Spaghetti Bolognese (Beef, chopped tomatoes, pasta, mixed herbs) with swede fingers (2)	Poached haddock, with couscous sweetcorn and butternut squash fingers (2, 5, 7)
Afternoon Snack	Not provided (energy and nutrient needs met by main meals and breastmilk/first infant formula).				
Tea (4:15pm)	Rice with lentil stew (red lentils, sweet potato, apple, cauliflower) and green bean fingers	Mashed tofu, sweetcorn, pasta and red pepper fingers (2,13)	Sliced egg fingers with cream cheese, toast fingers and broccoli spears (2,4,7)	Vegetable and chickpea biriyani (white rice, onion, carrot, peas, cauliflower) with okra fingers and raita (7)	Sweet potato and chickpea patties with quartered cherry tomatoes *

	=Starchy foods
	=Fruits and vegetables
	=Protein foods
	=Milk and dairy alternatives

#### Allergens

1- Celery	2- Cereals that contain gluten	3- Crustaceans
4- Eggs	5- Fish	6- Lupin
7- Milk	8- Molluscs	9- Mustard
10- Tree nuts	11- Peanuts	12- Sesame seeds
13- Soybeans	14- Sulphur dioxide and sulphites	

#### \* Recipes

- [Eggy Bread with avocado fingers](#)
- [Sweet potato and chickpea patties](#)

## Example 1-week menu for babies aged 10-12 months





### Typical daily pattern of food and breastmilk/ first infant formula

- Typically, three milk feeds a day (for example, after breakfast, after lunch and before bed).
- Breastfed infants should be fed responsively
- Approximately 400ml of first infant formula each day for formula fed babies.

### Texture

- Speak to families about their child's texture progression to ensure a consistent approach at home and in your setting
- Typically, at 10-12 months, babies should be offered chopped and/or minced textures, alongside finger foods.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (8-8:30am)	<b>Wheat biscuits</b> with <b>milk</b> and <b>banana fingers</b> (2, 7)	<b>Eggy wholemeal bread</b> * with <b>avocado fingers</b> (4, 2)	<b>Porridge</b> made with <b>grated apple</b> and <b>milk</b> (2, 7)	<b>Greek yoghurt</b> with <b>mashed blueberries</b> and <b>rice cake fingers</b> (2, 7)	<b>Scrambled egg</b> with <b>toast fingers</b> and <b>soft pear fingers</b> (4, 2, 7)
<b>Morning Snack</b>	Not provided (energy and nutrient needs met by main meals and breastmilk/first infant formula).				
<b>Lunch</b> (12:15pm)	<u>Main Course:</u> <b>avocado</b> and <b>split peas</b> with <b>mashed potato</b> and <b>cooked carrot fingers</b>  <u>Pudding:</u> <b>Greek yoghurt</b> with <b>blueberries</b> (7)	<u>Main Course:</u> <b>chicken</b> and <b>vegetables</b> stew (onion, pepper, carrot, broccoli) with <b>sweet potato fingers</b>  <u>Pudding:</u> stewed <b>rhubarb</b> and <b>plums</b>	<u>Main Course:</u> <b>chickpea</b> and <b>spinach</b> dahl with <b>mashed white rice</b> and <b>cooked red pepper fingers</b>  <u>Pudding:</u> <b>natural yoghurt</b> with <b>baked pears</b> (7)	<u>Main Course:</u> <b>Spaghetti Bolognese beef</b> , <b>chopped tomatoes</b> , <b>pasta</b> , <b>mixed herbs</b> with <b>swede fingers</b> (2)  <u>Pudding:</u> <b>Banana fingers</b>	<u>Main Course:</u> <b>poached haddock</b> with <b>sweetcorn</b> and <b>butternut squash fingers</b> (2, 5, 7)  <u>Pudding:</u> <b>cottage cheese</b> with <b>quartered grapes</b> (7)
<b>Afternoon Snack</b>	Not provided (energy and nutrient needs met by main meals and breastmilk/first infant formula).				
<b>Tea</b> (4:15pm)	<u>Main Course:</u> <b>rice</b> with <b>lentil</b> stew ( <b>red lentils</b> , <b>sweet potato</b> , <b>apple</b> , <b>cauliflower</b> ) and <b>green bean fingers</b>  <u>Pudding:</u> <b>peach fingers</b>	<u>Main Course:</u> <b>mashed tofu</b> , <b>sweetcorn</b> , <b>pasta</b> and <b>red pepper fingers</b> (2,13)  <u>Pudding:</u> <b>kiwi fingers</b> and <b>soya yoghurt</b> (13)	<u>Main Course:</u> <b>egg fingers</b> with <b>cream cheese</b> , <b>toast fingers</b> and <b>broccoli spears</b> (2,4,7)  <u>Pudding:</u> <b>mango fingers</b>	<u>Main Course:</u> <b>vegetable</b> and <b>chickpea biriyani</b> ( <b>white rice</b> , <b>onion</b> , <b>carrot</b> , <b>peas</b> , <b>cauliflower</b> ) with <b>okra fingers</b> and <b>raita</b> (7)  <u>Pudding:</u> <b>pineapple fingers</b> with <b>Greek yoghurt</b> (7)	<u>Main Course:</u> <b>sweet potato</b> and <b>chickpea</b> patties with <b>quartered cherry tomatoes</b> *  <u>Pudding:</u> <b>pear fingers</b>

	=Starchy foods
	=Fruits and vegetables
	=Protein foods
	=Milk and dairy alternatives

Allergens		
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* Recipes
<ul style="list-style-type: none"> <li>• <a href="#">Eggy Bread with avocado fingers</a></li> <li>• <a href="#">Sweet potato and chickpea patties</a></li> </ul>

## Example Textures:

Smooth



Mashed



Finger food



Ground rice



Mashed rice



Cooked rice



Smooth



Mashed



Finger food



Smooth



Mashed



Finger food



## Example meal for babies aged 7-9 months



## Example meal for babies aged 10-12 months

