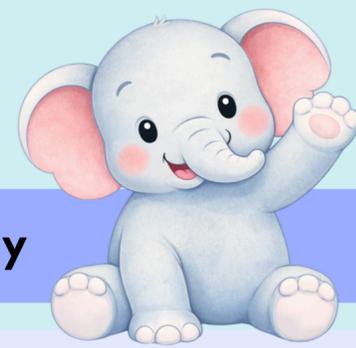


The Little Boat Nursery - Weaning Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Creamy banana porridge	Weetabix served with warm milk	Creamy strawberry & coconut-infused porridge	Warm English crumpets, lightly toasted & served with butter	Overnight oats with lightly spiced apple compote
Morning Snack	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection
Lunch	Oven-baked cauliflower & broccoli gratin, served with roasted tomatoes	Mild chicken & traditional Algerian Tlitli, slow-cooked with gentle flavours	Softly seasoned Mexican rice with vegetables, served with fresh tomato & coriander salad	Gently spiced red Lentil bake with grilled peppers and tomatoes	Slow cooked leek, potato & chicken soup, served with homemade bread rolls
Pudding	Apple & cinnamon crumble served with warm custard	Fruit jelly	Naturally sweet, homemade banana, dates & strawberry compote	Blueberry sponge cake with a light Vanilla Chantilly cream	Natural yoghurt with raspberry compote
Afternoon Snack	Homemade toast fingers with freshly mashed banana	Natural yoghurt with homemade spiced apple & pear compote	Homemade pitta triangles served with smooth hummus	Fresh homemade breadsticks served with roasted red pepper & tomato dip	Tzatziki served with fresh cucumber sticks
Dinner	Softly baked carrot, courgette & potato medley, gently seasoned	Chicken, carrot & sweet potato medley in a light, nourishing sauce	Creamy jacket potato with mild melted cheese	Cheese & cucumber sandwiches on homemade bread	Gently seasoned chicken and vegetable stir fry with soft white rice

Freshly prepared, balanced meals designed to support growing appetites. For information regarding ingredients and allergens, please contact our nursery team.