



WEEK ONE 2019-2020

PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING

APPLE & APRICOT
PUREE WITH IRON
FORTIFIED RICE CEREAL



APPLE & PEAR
PORRIDGE
PUREE

PEACH RICE PUDDING
WITH CINNAMON
PUREE

APPLE, BLUEBERRY &
PEAR PUREE WITH IRON
FORTIFIED RICE CEREAL



TAPIOCA
& PEAR
PUREE

LUNCH

CHICKEN,
RED LENTILS
& CARROT MASHED

VEAL, POTATO,
TOMATO & CHEESE
MASHED

PASTA, ZUCCHINI,
BROCCOLI, WHITE BEANS
& GREEN PEAS MASHED

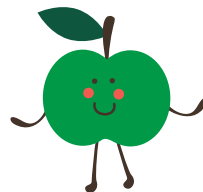
CHICKEN, CORN,
CAULIFLOWER, PEARL BARLEY
& RICE MASHED

BEEF & ROASTED
VEGETABLE STEW WITH
COUS COUS MASHED

AFTERNOON

BROCCOLI,
CAULIFLOWER
& POTATO PUREE

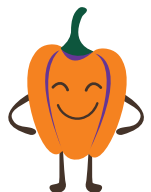
SWEET
POTATO
PUREE



CARROT
& CORN
PUREE

PUMPKIN &
SWEET POTATO
PUREE

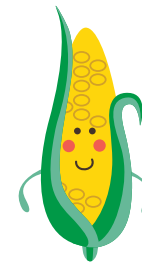
ZUCCHINI &
POTATO
PUREE



MANGO &
RICOTTA RISOTTO
PUREE

APPLE, ORANGE, PEAR &
PRUNE PUREE WITH IRON
FORTIFIED RICE CEREAL

PEAR & APPLE PUREE
WITH IRON FORTIFIED
RICE CEREAL



APPLE & PEAR
SEMOLINA
PUREE

APPLE PUREE WITH
IRON FORTIFIED
RICE CEREAL





WEEK TWO 2019-2020

PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MONDAY

TUESDAY

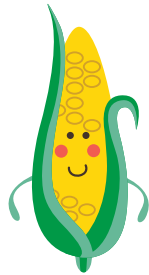
WEDNESDAY

THURSDAY

FRIDAY

MORNING

APRICOT & APPLE PORRIDGE PUREE



PEACH SEMOLINA WITH MILK PUREE

PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL



APPLE SEMOLINA PUREE

APPLE, APRICOT, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

LUNCH

BEEF, PEARL BARLEY & VEGETABLE CASSEROLE MASHED

WHITE BEANS, OATS, PUMPKIN & CARROT MASHED

CHICKEN, POTATO, CORN & WHITE BEANS MASHED

BEEF, BROWN RICE, PUMPKIN & POTATO MASHED

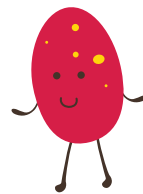
CHICKEN, RICOTTA, PASTA & CORN MASHED



AFTERNOON

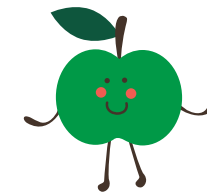
MANGO & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE, APRICOT & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL



PEACH, PEAR & APPLE PUREE, WITH IRON FORTIFIED RICE CEREAL

TAPIOCA, APPLE & RHUBARB PUREE



APPLE & PEAR PUREE





WEEK THREE 2019-2020

PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING

PEAR
SEMOLINA
PUREE

PEAR, APPLE &
APRICOT PUREE WITH
IRON FORTIFIED RICE CEREAL

PEACH,
PEAR & TAPIOCA
PUREE

APRICOT
PORRIDGE PUREE
WITH MILK

PEAR PUREE
WITH IRON FORTIFIED
RICE CEREAL

LUNCH

CHICKEN, RED LENTIL,
SWEET POTATO
& RICE MASHED

BEEF BOLOGNAISE
SAUCE WITH PASTA &
VEGETABLES MASHED

PASTA,
PUMPKIN & CHEESE
MASHED

CHICKEN,
SWEET POTATO &
WHITE BEANS MASHED

BEEF, RED LENTIL,
POTATO & CARROT
MASHED

AFTERNOON

PUMPKIN &
CARROT
PUREE



POTATO &
PUMPKIN
PUREE

POTATO,
GREEN PEA &
BROCCOLI PUREE

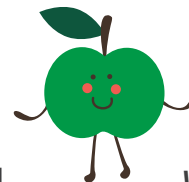
CARROT,
CAULIFLOWER &
POTATO PUREE

CAULIFLOWER,
SWEET POTATO &
PUMPKIN PUREE

APPLE & RHUBARB
PUREE WITH IRON FORTIFIED
RICE CEREAL

APPLE,
PEACH &
PRUNE PUREE

APPLE, PEAR &
PRUNE PUREE WITH
IRON FORTIFIED RICE CEREAL



APPLE PUREE
WITH IRON FORTIFIED
RICE CEREAL

PEACH & APPLE
SEMOLINA
PUREE





WEEK FOUR 2019-2020

PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MONDAY

TUESDAY

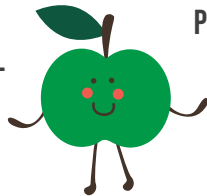
WEDNESDAY

THURSDAY

FRIDAY

MORNING

APPLE & APRICOT
PUREE WITH IRON
FORTIFIED RICE CEREAL



APPLE &
PEAR PORRIDGE
PUREE

PEACH RICE PUDDING
WITH CINNAMON
PUREE

APPLE, BLUEBERRY &
PEAR PUREE WITH IRON
FORTIFIED RICE CEREAL



TAPIOCA
& PEAR
PUREE

LUNCH

CHICKEN,
RED LENTILS &
CARROT MASHED

VEAL, POTATO,
TOMATO & CHEESE
MASHED

PASTA, ZUCCHINI,
BROCCOLI, WHITE BEANS
& GREEN PEAS MASHED

CHICKEN, CORN,
CAULIFLOWER, PEARL BARLEY
& RICE MASHED

BEEF & ROASTED VEGETABLE
STEW WITH COUS COUS
MASHED

AFTERNOON

BROCCOLI,
CAULIFLOWER &
POTATO PUREE

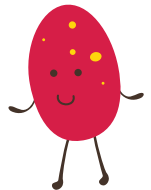
SWEET
POTATO
PUREE



CARROT
& CORN
PUREE

PUMPKIN &
SWEET POTATO
PUREE

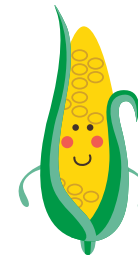
ZUCCHINI
& POTATO
PUREE



MANGO &
RICOTTA RISOTTO
PUREE

APPLE, ORANGE, PEAR &
PRUNE PUREE WITH IRON
FORTIFIED RICE CEREAL

PEAR & APPLE PUREE
WITH IRON FORTIFIED
RICE CEREAL



APPLE & PEAR
SEMOLINA
PUREE

APPLE PUREE
WITH IRON FORTIFIED
RICE CEREAL





WEEK FIVE 2019-2020

PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MONDAY

TUESDAY

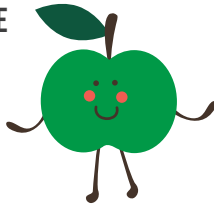
WEDNESDAY

THURSDAY

FRIDAY

MORNING

APRICOT & APPLE PORRIDGE PUREE



PEACH SEMOLINA WITH MILK PUREE

PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE SEMOLINA PUREE

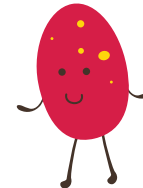
APPLE, APRICOT, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

LUNCH

BEEF, PEARL BARLEY & VEGETABLE CASSEROLE MASHED

WHITE BEANS, OATS, PUMPKIN & CARROT MASHED

CHICKEN, POTATO, CORN & WHITE BEANS MASHED



BEEF, BROWN RICE, PUMPKIN & POTATO MASHED

CHICKEN, RICOTTA, PASTA & CORN MASHED

AFTERNOON

CAULIFLOWER, CORN & POTATO PUREE

ZUCCHINI, POTATO & CAULIFLOWER PUREE



CARROT & PUMPKIN PUREE

BROCCOLI, GREEN PEAS, ZUCCHINI & POTATO PUREE



SWEET POTATO PUREE

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

APPLE & PEAR PUREE





WEEK SIX 2019-2020

PUREE MENU 6 MONTHS TO 12 MONTHS (1)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING

PEAR
SEMOLINA
PUREE



PEAR, APPLE &
APRICOT PUREE WITH IRON
FORTIFIED RICE CEREAL

PEACH, PEAR
& TAPIOCA
PUREE

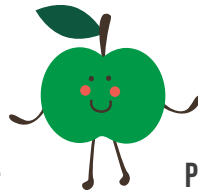
APRICOT
PORRIDGE PUREE
WITH MILK

PEAR PUREE
WITH IRON FORTIFIED
RICE CEREAL

LUNCH

CHICKEN, RED LENTIL,
SWEET POTATO
& RICE MASHED

BEEF BOLOGNAISE
SAUCE WITH PASTA &
VEGETABLES MASHED



PASTA,
PUMPKIN & CHEESE
MASHED

CHICKEN, SWEET
POTATO & WHITE BEANS
MASHED



BEEF, RED LENTIL,
POTATO & CARROT
MASHED

AFTERNOON

PUMPKIN
& CARROT
PUREE



POTATO
& PUMPKIN
PUREE

POTATO,
GREEN PEA &
BROCCOLI PUREE



CARROT,
CAULIFLOWER &
POTATO PUREE

CAULIFLOWER,
SWEET POTATO &
PUMPKIN PUREE

APPLE & RHUBARB
PUREE WITH IRON
FORTIFIED RICE CEREAL

APPLE,
PEACH & PRUNE
PUREE

APPLE, PEAR &
PRUNE PUREE WITH IRON
FORTIFIED RICE CEREAL

APPLE PUREE
WITH IRON FORTIFIED
RICE CEREAL

PEACH & APPLE
SEMOLINA
PUREE

