



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

Beef, Red Lentil, Potato & Carrot Mash

Chicken, Red Lentils & Carrot Mash

Veal, Potato, Tomato & Cheese Mash

Pasta, Zucchini, Broccoli, White Beans & Green Peas Mash

Chicken, Corn, Cauliflower, Pearl Barley & Rice Mash

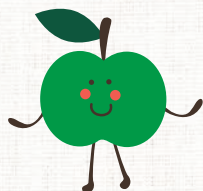
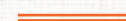
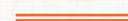
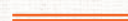
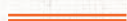
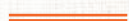
Cauliflower, Sweet Potato & Pumpkin Puree

Broccoli, Cauliflower & Potato Puree

Sweet Potato Puree

Carrot & Corn Puree

Pumpkin & Sweet Potato Puree



Afternoon

Peach & Apple Semolina Puree

Creamy Mango Risotto Puree

Apple, Orange, Pear & Prune Puree with Iron Fortified Rice Cereal

Pear & Apple Puree with Iron Fortified Rice Cereal

Apple & Pear Semolina Puree

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# Week Two 2025 - 2026

PUREE MENU 6 MONTHS TO 12 MONTHS

## 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

Beef & Roasted Vegetable Stew with Cous Cous Mash

Beef, Pearl Barley & Vegetable Casserole Mash

White Beans, Oats, Pumpkin & Carrot Mash

Chicken, Potato, Corn & White Beans Mash

Beef, Brown Rice, Pumpkin & Potato Mash

### Lunch

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



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# Week Three 2025 - 2026

PUREE MENU 6 MONTHS TO 12 MONTHS

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Morning

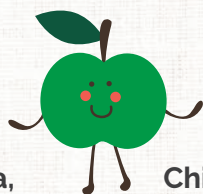
Pear  
Semolina  
Puree

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



Chicken, Ricotta,  
Pasta & Corn  
Mash

Chicken, Red Lentil,  
Sweet Potato  
& Rice Mash

Beef Bolognese  
Sauce with Pasta &  
Vegetables Mash

Pasta, Pumpkin  
& Cheese  
Mash

Chicken,  
Sweet Potato &  
White Beans Mash

Lunch

Sweet  
Potato  
Puree

Pumpkin  
& Carrot  
Puree

Potato &  
Pumpkin  
Puree

Potato,  
Green Pea &  
Broccoli Puree

Carrot,  
Cauliflower &  
Potato Puree



Afternoon

Apple  
& Pear  
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

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# Week Four 2025 - 2026

PUREE MENU 6 MONTHS TO 12 MONTHS

## 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

Beef, Red Lentil,  
Potato & Carrot  
Mash



Chicken,  
Red Lentils &  
Carrot Mash

Veal, Potato,  
Tomato & Cheese  
Mash



Pasta, Zucchini,  
Broccoli, White Beans  
& Green Peas Mash

Chicken, Corn,  
Cauliflower, Pearl Barley  
& Rice Mash

### Lunch

Cauliflower,  
Sweet Potato &  
Pumpkin Puree

Broccoli,  
Cauliflower &  
Potato Puree

Sweet  
Potato  
Puree

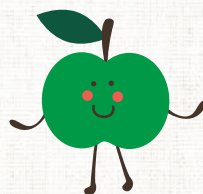
Carrot  
& Corn  
Puree



Pumpkin &  
Sweet Potato  
Puree

**Afternoon**  
Peach & Apple  
Semolina  
Puree

Creamy  
Mango Risotto  
Puree



Apple, Orange, Pear &  
Prune Puree with Iron  
Fortified Rice Cereal

Pear & Apple Puree  
with Iron Fortified  
Rice Cereal

Apple & Pear  
Semolina  
Puree

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## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Morning

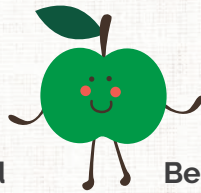
Apricot & Apple Porridge Puree

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



Beef & Roasted Vegetable Stew with Cous Cous Mash

Beef, Pearl Barley & Vegetable Casserole Mash

White Beans, Oats, Pumpkin & Carrot Mash

Chicken, Potato, Corn & White Beans Mash

Beef, Brown Rice, Pumpkin & Potato Mash

Lunch

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



# Week Six 2025 - 2026

PUREE MENU 6 MONTHS TO 12 MONTHS

## 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

Chicken, Ricotta,  
Pasta & Corn  
Mash

Chicken, Red Lentil,  
Sweet Potato  
& Rice Mash

Beef Bolognise  
Sauce with Pasta &  
Vegetables Mash

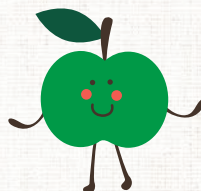
Pasta,  
Pumpkin & Cheese  
Mash

Chicken,  
Sweet Potato &  
White Beans Mash

Lunch

Sweet  
Potato  
Puree

Pumpkin  
& Carrot  
Puree



Potato  
& Pumpkin  
Puree

Potato,  
Green Pea &  
Broccoli Puree



Carrot,  
Cauliflower &  
Potato Puree

Afternoon

Apple  
& Pear  
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

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