

## Kiddicare Baby Menu (6–12 Months) – Week One (with Allergens)

### Monday

- Breakfast – Baby porridge with banana (Allergens: Gluten, Milk)
- Morning Snack – Steamed pear slices (Allergens: None)
- Lunch – Thai-style vegetable curry with rice (Allergens: None)
- Afternoon Snack – Soft cheese on toast strips (Allergens: Gluten, Milk)
- Teatime – Mashed lentils with soft-cooked carrots (Allergens: None)

### Tuesday

- Breakfast – Oats with mashed apple (Allergens: Gluten, Milk)
- Morning Snack – Steamed veg sticks (Allergens: None)
- Lunch – Shepherd's pie & plain yogurt (Allergens: Milk)
- Afternoon Snack – Breadsticks with avocado (Allergens: Gluten)
- Teatime – Quorn chicken and veg mash (Allergens: Possible Egg, Milk)

### Wednesday

- Breakfast – Baby rice with puréed pear (Allergens: None)
- Morning Snack – Banana slices (Allergens: None)
- Lunch – Soft noodles with mashed vegetables (Allergens: Gluten)
- Afternoon Snack – Unsweetened rice cakes (Allergens: May contain Gluten)
- Teatime – Mini sandwich with soft cheese & cucumber (Allergens: Gluten, Milk)

### Thursday

- Breakfast – Weetabix with warm milk (Allergens: Gluten, Milk)
- Morning Snack – Steamed apple sticks (Allergens: None)
- Lunch – Pea and mushroom risotto (Allergens: Milk)
- Afternoon Snack – Steamed carrot sticks (Allergens: None)
- Teatime – Soft scrambled egg with toast fingers (Allergens: Egg, Milk, Gluten)

### Friday

- Breakfast – Baby porridge with fruit purée (Allergens: Gluten, Milk)
- Morning Snack – Cut grapes (lengthwise) (Allergens: None)
- Lunch – Veggie pasta bake with mashed strawberries (Allergens: Gluten, Milk)
- Afternoon Snack – Cucumber sticks with cream cheese (Allergens: Milk)
- Teatime – Mashed sweet potato with lentils (Allergens: None)

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## Week two (with Allergens)

### Monday

- Breakfast – Baby oats with puree peach (Allergens: Gluten, Milk)
- Morning Snack – Steamed apple sticks (Allergens: None)
- Lunch – vegetable risotto and melon (Allergens: None)
- Afternoon banana slices (Allergens: none)
- Teatime – avocado with mashed potato (Allergens: None)

### Tuesday

- Breakfast – porridge with mashed berries (Allergens: Gluten, Milk)
- Morning Snack –bread sticks with soft cheese (Allergens: milk)
- Lunch: veggie pizza with soft base (Allergens: gluten Milk)
- Afternoon Snack – soft veg sticks (Allergens: none)
- Teatime – mashed lentils with couscous (Allergens: gluten)

### Wednesday

- Breakfast – Weetabix with milk (Allergens: gluten)
- Morning Snack – Banana fingers (Allergens: None)
- Lunch – Quorn stew with mashed couscous (Allergens: Gluten)
- Afternoon Snack – soft bread fingers with humus (Allergens: gluten)
- Teatime – mashed root veg and soft beans (Allergens: none)

### Thursday

- Breakfast – baby cereal with mashed banana (Allergens: Gluten, Milk)
- Morning Snack – Seasonal fruit peeled (Allergens: None)
- Lunch – mild chili con carne with mashed rice watermelon (Allergens: none)
- Afternoon Snack – Steamed veg sticks (Allergens: None)
- Teatime – mashed potato with soft cheese (Allergens: Egg, Milk, Gluten)

### Friday

- Breakfast – Baby oats with grated apple (Allergens: Gluten, Milk)
- Morning Snack – unsweetened teething biscuit (Allergens: gluten)
- Lunch – soft mashed bolognese pasta (Allergens: Gluten, Milk)
- Afternoon Snack – Crushed berries and soft toast (Allergens: gluten)
- Teatime – lentils ang veg mash (Allergens: None)

## Week Three (with Allergens)

### Monday

- Breakfast - porridge with mashed pears (Allergens: Gluten, Milk)
- Morning Snack - steamed Apple (Allergens: none)
- Lunch - vegetable and lentil mashed curry with soft rice (Allergens: None)
- Afternoon Snack - soft cheese with toast fingers (Allergens: gluten)
- Teatime - mashed butternut squash soup with bread (Allergens: Gluten)

### Tuesday

- Breakfast - baby oats with banana with milk (Allergens: Gluten, Milk)
- Morning Snack - banana fingers (Allergens: None)
- Lunch - creamy vegetable pasta (Allergens: gluten and milk)
- Afternoon Snack - soft rice cakes (Allergens: may contain gluten)
- Teatime -mashed potato bake with veg and soft cheese (Allergens: milk)

### Wednesday

- Breakfast -baby rice with apple puree (Allergens: may contain Gluten)
- Morning Snack - pear steamed (Allergens: none)
- Lunch - soft noodles with veg and tofu with fruit puree (Allergens: gluten, may contain dairy soya)
- Afternoon Snack - cucumber sticks steamed soften with cheese (Allergens, milk)
- Teatime - lentil and veg mash (Allergens: Gluten,)

### Thursday

- Breakfast - Weetabix with milk (Allergens: Gluten, Milk)
- Morning Snack -soft melon (Allergens: none)
- Lunch - mild veg casserole potato mashed and strawberry puree (none)
- Afternoon Snack - toast finger with cream cheese (Allergens: gluten)
- Teatime - mashed avocado and soft veg (Allergens: none)

### Friday

- Breakfast -baby porridge with fruit puree & milk (Allergens: Gluten, Milk)
- Morning Snack - steamed carrot sticks (Allergens: none)
- Lunch - chickpea risotto mashed and plums puree (Allergens: none)
- Afternoon Snack - Yogurt (Allergens: Milk)
- Teatime - mashed sweet potato and lentils (Allergens: none)

## Week four (with Allergens)

### Monday

- Breakfast - baby oats with mashed peach milk or water (Allergens: Gluten, Milk)
- Morning Snack - steamed apple slices (Allergens: none)
- Lunch - lentil and vegetable Shepards pie mashed and plum puree (Allergens: milk)
- Afternoon Snack - soft cheese with toast fingers (Allergens: gluten)
- Teatime - mashed potato and soft veg bake(Allergens: milk)

### Tuesday

- Breakfast - porridge mashed berries with milk (Allergens: Gluten, Milk)
- Morning Snack - banana fingers (Allergens: None)
- Lunch - mild chickpea veg curry mashed and soft rice with mango puree (Allergens: none)
- Afternoon Snack - unsweetened rice cakes (Allergens: may contain gluten)
- Teatime -mashed carrots with lentils (Allergens: none)

### Wednesday

- Breakfast - baby cereal with mashed banana milk water (Allergens: Gluten and milk)
- Morning Snack - steamed pear pieces (Allergens: none)
- Lunch - Quorn mince veg stew mashed with fruit puree (Allergens: gluten, may contain dairy soya)
- Afternoon Snack - toast fingers with humus (Allergens, gluten)
- Teatime - mashed root veggies and soft beans (Allergens: none,)

### Thursday

- Breakfast - Weetabix with milk (Allergens: Gluten, Milk)
- Morning Snack - seasonal fruits (Allergens: none)
- Lunch - creamy veg pasta mashed apple mash (gluten milk)
- Afternoon Snack - steam veg sticks (Allergens: none)
- Teatime - mashed avocado and soft veg (Allergens: none)

### Friday

- Breakfast - baby porridge with fruit puree & milk (Allergens: Gluten, Milk)
- Morning Snack - soft melon pieces (Allergens: none)
- Lunch - veg lentil bolognese pasta mashed with strawberry puree (Allergens: gluten)
- Afternoon Snack - Yogurt (Allergens: Milk)
- Teatime - lentil and veg mash (Allergens: none)

# Kiddicare Baby Menu (6–12 Months)

In line with UK government guidance (including Eat Better, Start Better), our baby menu is designed for infants aged 6–12 months. It includes nutritious, age-appropriate meals with no added salt or sugar, and uses fresh, seasonal ingredients.

Key Principles:

- No added salt or sugar
- Age-appropriate portion sizes and textures
- Fresh, home-cooked meals
- Safe introduction of allergens
- Water and milk only for drinks

## Week One

Day	Breakfast	Morning Snack	Lunch & Dessert	Afternoon Snack	Teatime
Monday	Baby porridge with mashed banana Milk or water	Steamed pear slices	Thai-style vegetable curry (mashed) with soft rice Mashed banana	Soft cheese on toast strips	Mashed lentils with soft-cooked carrots
Tuesday	Oats with mashed apple Milk/ water	Steamed soft veg sticks	Shepherd's pie Plain full-fat yogurt	Breadsticks with mashed avocado	Quorn chicken and veg mash
Wednesday	Baby rice with puréed pear Milk or water	Banana slices	Soft noodles with mashed vegetables Peach purée	Unsweetened rice cakes	Mini sandwich with soft cheese and cucumber
Thursday	Weetabix with warm milk Milk or water	Steamed apple sticks	Pea and mushroom risotto (mashed) Watermelon mash	Steamed carrot sticks	Mashed avocado with toast fingers
Friday	Baby porridge with fruit purée Milk or water	Soft grapes (cut lengthwise)	Wholemeal veggie pasta bake (soft) Mashed strawberries	Cucumber sticks with full-fat cream cheese	Mashed sweet potato with lentils

## Week Two

Day	Breakfast	Morning Snack	Lunch & Dessert	Afternoon Snack	Teatime
Monday	Baby oats with puréed peach Milk or water	Steamed apple sticks	Vegetable risotto (mashed) Melon purée	Banana slices	Avocado with mashed potato
Tuesday	Warm porridge with mashed berries Milk or water	Breadsticks with soft cheese	Veggie pizza (soft base, no salt) Fruit compote	Soft veg sticks	Mashed lentils with couscous
Wednesday	Weetabix with full-fat milk Milk or water	Banana fingers	Quorn stew with mashed couscous Plain yogurt	Toast fingers with hummus	Mashed root veg and soft beans
Thursday	Baby cereal with mashed banana Milk or water	Seasonal fruit (peeled, soft)	Mild chilli with mashed rice & soft beans Watermelon	Steamed veg sticks	Mashed potato with soft veg and cheese
Friday	Oats with grated apple Milk or water	Unsweetened teething biscuit	Baby-friendly Bolognese with mashed pasta Fruit mash	Crushed berries and soft toast	Lentil and vegetable mash

### Week Three

Day	Breakfast	Morning Snack	Lunch & Dessert	Afternoon Snack	Teatime
Monday	Baby porridge with mashed pear Milk or water	Steamed apple slices (soft)	Vegetable and lentil curry (mashed) with soft rice Mango purée	Soft cheese with toast fingers	Mashed butternut squash and chickpeas
Tuesday	Oats with mashed banana Milk or water	Banana fingers	Creamy vegetable pasta (mashed) Peach purée	Unsweetened rice cakes	Mashed potato with soft vegetables and cheese
Wednesday	Baby rice with apple purée Milk or water	Steamed pear pieces	Soft noodles with mashed vegetables and tofu Fruit purée	Cucumber sticks (steamed if needed)	Lentil and vegetable mash
Thursday	Weetabix with Milk or water	Soft melon pieces	Mild vegetable casserole (mashed) with potato Strawberry mash	Toast fingers with cream cheese	Mashed avocado and soft vegetables
Friday	Baby porridge with fruit purée Milk or water	Steamed carrot sticks	Vegetable risotto (mashed) Apple purée	Yogurt	Mashed sweet potato and lentils

## Week Four

Day	Breakfast	Morning Snack	Lunch & Dessert	Afternoon Snack	Teatime
Monday	Baby oats with mashed peach Milk or water	Steamed apple slices	Lentil and vegetable shepherd's pie (mashed) Fruit purée	Soft cheese with toast fingers	Mashed potato and soft vegetables
Tuesday	Porridge with mashed berries Milk or water	Banana fingers	Mild chickpea and vegetable curry (mashed) with rice Mango mash	Unsweetened rice cakes	Mashed carrots with lentils
Wednesday	Baby cereal with mashed banana Milk or water	Steamed pear pieces	Quorn and vegetable stew (mashed) with couscous Fruit purée	Toast fingers with hummus	Mashed root vegetables and soft beans
Thursday	Weetabix with Milk or water	Seasonal soft fruit	Creamy vegetable pasta (mashed) Apple mash	Steamed vegetable sticks	Mashed avocado and soft vegetables
Friday	Baby porridge with fruit purée Milk or water	Soft melon pieces	Vegetable and lentil bolognese (mashed) with pasta Strawberry mash	Yogurt	Lentil and vegetable mash

Please Note: All meals are freshly prepared on site and we take into account any children with any allergies or dietary requirements. The above meal may change without prior notice and replace by a suitable alternative.

"We offer fruit and vegetables regularly throughout the day. Teatime focuses on savory, iron-rich foods to support balanced nutrition and avoid over-reliance on sweet tastes."

- **Choking Safety**
- **Grapes → quartered lengthways**
- **Apples → steamed until soft**

- Bread/toast → **soft fingers**
- Raw veg → **never offered**
- Textures adapted based on **individual development**

#### ✓ Protein Sources (Vegetarian, Egg-Free, Nut-Free)

- Lentils & beans
- Quorn
- Dairy (cheese, yogurt, milk)
- Chickpeas (in hummus)