



## Stage One Autumn and Winter Menu 2024

Week 1 & 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Baby Rice & Fruit Puree				
Lunch	Cauliflower & Peas	Mango Puree	Vegetable Stew	Pear Puree	Broccoli & Carrott
Tea	Peach Puree	Butternut Squash & Red Pepper	Apricot Puree	Potato & Broccoli	Orchard Apple & Peach Puree

Week 2 & 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Baby Rice & Fruit Puree				
Lunch	Stewed Apple	Winter Greens	Banana	Peppers & Carrot	Mango Puree
Tea	Butternut Squash & Sweet Potato	Apricot Puree	Potato & Cauliflower	Apple Puree	Soup of the day

- Our Menus have been developed in line with the Welsh Government Food & Nutrition for Childcare Settings: Best Practice Guidance
- Fresh drinking water is freely available throughout the day
- For information about recipes used or allergen information, please speak to our Nursery Cook or Nursery Manager