

## Week 1: Example autumn/winter menu for childcare settings (infants aged 7-12 months)



This example menu shows how meals for 1-4 year olds can be adapted for infants aged 7-12 months<sup>v</sup>

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> For all infants 7-12 months	Wheat bisk with whole milk, <b>chopped apricot and kiwi quarters*</b>	<b>Wholemeal toast fingers*</b> and spread, with tomatoes and mushrooms	Porridge with chopped raisins and <b>sticks of banana*</b>	Malt wheat cereal and whole milk with <b>pear sticks*</b>	Crisped rice cereal and whole milk with <b>canned peach slices*</b>
<b>Lunch</b> Main course for all infants 7-12 months	Haddock and salmon (or bean) pie with <b>runner beans*</b>	Lamb (or mixed bean) tagine with vegetable couscous and <b>green beans*</b>	Pork (or soya mince) meatballs in tomato sauce with pasta shapes, peas and <b>carrot batons*</b>	Chickpea and vegetable biryani with <b>cauliflower florets*</b>	Roast chicken (or veggie sausage) with roast potatoes and <b>root vegetables*</b>
<b>Second course</b> for infants 10-12 months only	Stewed apple and custard with <b>sliced apple*</b>	<b>Winter fruit salad*</b> with yoghurt	<b>Seasonal fruit salad*</b>	<b>Sliced grapes and cheese (Edam) strips*</b>	Yoghurt and chopped dates with <b>sticks of pear*</b>
<b>Tea</b> Main course for all infants 7-12 months	Couscous with chicken (or houmous) and beetroot and <b>cucumber strips*</b>	Jacket potato with tuna (or cheese), with <b>baby corn*</b>	Sweet potato and lentil soup with <b>wholemeal bread and spread*</b>	Pea, ham (or veggie mince) and mushroom pasta bake with <b>broccoli florets*</b>	Toast fingers with mashed beans and cheese, with <b>cooked red pepper sticks*</b>
<b>Second course</b> for infants 10-12 months only	<b>Seasonal fruit salad*</b> with plain yoghurt	<b>Bananas*</b> and custard	Yoghurt and blackberry compote with <b>canned pineapple*</b>	Rice pudding with chopped dried apricots and <b>canned mandarin segments*</b>	<b>Apple, pears and plums*</b>
<b>Breastmilk/ first infant formula</b>	To be offered to infants according to their individual routines (as discussed with families). In addition to offering three meals a day, infants may typically have breastmilk or first infant formula feeds of: <ul style="list-style-type: none"> <li>• <b>7-9 months:</b> four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed)</li> <li>• <b>10-12 months:</b> three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed).</li> </ul>				
<b>Fresh drinking water</b>	To be available throughout the day, and offered as appropriate to all infants.				

\*Indicates the part of each meal that can be held and eaten by infants as a finger food.

<sup>v</sup> For further details, including modification in texture for infants aged 7-9 months and 10-12 months, and further adaptations required to each recipe for this age group, see the recipes.

## Week 2: Example autumn/winter menu for childcare settings (infants aged 7-12 months)



This example menu shows how meals for 1-4 year olds can be adapted for infants aged 7-12 months<sup>vi</sup>

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Crisped rice cereal with whole milk, chopped raisins and <b>slices of plum*</b>	Malt wheat cereal and whole milk with <b>banana sticks*</b>	Breakfast egg cups with <b>wholemeal toast*</b> , spread and tomato slices	Cornflakes with whole milk and chopped raisins with <b>canned pear slices*</b>	Wheat bisks and whole milk with <b>sliced apple*</b>
<b>For all infants 7-12 months</b>					
<b>Lunch</b>	Lamb (or butter bean) goulash with brown rice and <b>green beans*</b>	Creamy chicken (or soya) and leek hot pot and <b>broccoli*</b>	Beef (or lentil) lasagne and <b>swede batons*</b>	Fish and pea (or cheese and mushroom) fishcakes, <b>potato wedges*</b> and spinach	Sweet and sour tofu with <b>pasta shapes*</b>
<b>Main course</b> for all infants 7-12 months					
<b>Second course</b> for infants 10-12 months only	<b>Canned mandarin segments*</b>	<b>Apple slices*</b> and plain yoghurt	Semolina with chopped raisins and <b>pear strips*</b>	<b>Seasonal fruit salad*</b>	<b>Banana sticks</b> with rice pudding*
<b>Tea</b>	<b>Wholemeal macaroni cheese*</b> with peas	Butternut squash and lentil soup with <b>wholemeal bread fingers and spread*</b>	Salmon (or chickpea) and vegetable rice salad and <b>avocado slices*</b>	Chicken (or hard-boiled egg) with pitta strips and <b>cooked red pepper sticks*</b>	Mixed bean chilli and yoghurt with <b>jacket potato*</b>
<b>Main course</b> for all infants 7-12 months					
<b>Second course</b> for infants 10-12 months only	<b>Winter fruit salad*</b> and yoghurt	<b>Peaches*</b> and custard	<b>Fruit salad*</b>	<b>Autumn fruit kebabs*</b> and yoghurt dip	Yoghurt with date and apple purée and <b>canned mandarin segments*</b>
<b>Breastmilk/ first infant formula</b>	To be offered to infants according to their individual routines (as discussed with families). In addition to offering three meals a day, infants may typically have breastmilk or first infant formula feeds of: <ul style="list-style-type: none"> <li>• <b>7-9 months:</b> four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed)</li> <li>• <b>10-12 months:</b> three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed).</li> </ul>				
<b>Fresh drinking water</b>	To be available throughout the day, and offered as appropriate to all infants.				

\*Indicates the part of each meal that can be held and eaten by infants as a finger food.

vi For further details, including modification in texture for infants aged 7-9 months and 10-12 months, and further adaptations required to each recipe for this age group, see the recipes.

## Week 3: Example autumn/winter menu for childcare settings (infants aged 7-12 months)



This example menu shows how meals for 1-4 year olds can be adapted for infants aged 7-12 months<sup>vii</sup>

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> For all infants 7-12 months	Wheat bisk with whole milk and chopped raisins with <b>pear strips*</b>	Porridge made with whole milk with <b>apples*</b> and blackberries	Malt wheat cereal with whole milk and <b>banana sticks*</b>	<b>Wholemeal toast and spread fingers*</b> with boiled egg and tomato	Cornflakes with whole milk and <b>plum quarters*</b>
<b>Lunch</b> Main course for all infants 7-12 months	Mixed bean and root vegetable stew with herb couscous and <b>cooked carrot sticks*</b>	Creamy pork (or soya), leek and mustard casserole with mashed potatoes and <b>sliced sprouts*</b>	Chicken (or chickpea) korma with brown rice and <b>green beans*</b>	Lamb (or soya mince) pearl barley hotpot with <b>root vegetable sticks*</b>	Haddock (or lentil) and ratatouille with <b>pasta shapes*</b>
<b>Second course</b> for infants 10-12 months only	<b>Stewed apple*</b> and rhubarb with custard	<b>Banana pancakes*</b> and yoghurt dip	Semolina and blackberry compote with <b>plum slices*</b>	<b>Banana sticks*</b>	<b>Canned fruit cocktail*</b> and custard
<b>Tea</b> Main course for all infants 7-12 months	Baked potatoes with homemade mackerel pate (or cheese) and <b>cucumber*</b>	Parsnip, butterbean and apple soup with <b>wholemeal toast strips and spread*</b>	Roast vegetable and red lentil pasta and <b>rice cake strips*</b>	Couscous and chickpea salad and <b>broccoli florets*</b>	Pitta strips with egg mayonnaise, cucumber strips and <b>cooked carrot sticks*</b>
<b>Second course</b> for infants 10-12 months only	<b>Seasonal fruit salad*</b>	<b>Poached pears*</b> and plain Greek yoghurt	<b>Sliced grapes and cheese cut into sticks*</b>	<b>Soft poached plums*</b> and custard	Yoghurt and mixed dried fruit and <b>apple slices*</b>
<b>Breastmilk/ first infant formula</b>	To be offered to infants according to their individual routines (as discussed with families). In addition to offering three meals a day, infants may typically have breastmilk or first infant formula feeds of: <ul style="list-style-type: none"> <li>• <b>7-9 months:</b> four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed)</li> <li>• <b>10-12 months:</b> three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed).</li> </ul>				
<b>Fresh drinking water</b>	To be available throughout the day, and offered as appropriate to all infants.				

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