

Week 1: Example spring/summer 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 monthsⁱⁱ

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast For all infants 7-12 months	Malt wheat cereal with whole milk and sticks of banana*	Cornflakes with whole milk, chopped raisins and kiwi fruit quarters*	Sliced or mashed hard-boiled egg and tomatoes with wholemeal bread and spread*	Wheat biscuits with milk and mixed berries Fruit toast fingers*	Crisped rice cereal with whole milk and melon slices*
Lunch Main course for all infants 7-12 months	Thai chicken (or tofu) curry, white rice and broccoli florets*	Lamb (or lentil) moussaka with carrot batons* and toast strips*	Pork (or soya) ragu with new potatoes, broad beans and courgette batons*	Salmon (or bean) and pea risotto with red pepper sticks*	Bean and veggie sausage wholemeal pasta bake with broccoli florets*
Second course for infants 10-12 months only	Seasonal fruit salad*	Custard with banana sticks*	Pineapple slices* and custard	Plain yoghurt with blueberries*	Plain yoghurt with raspberries*
Tea Main course for all infants 7-12 months	Bean and tomato gnocchi bake with green beans*	Tuna fishcakes (or lentil and potato cakes) with vegetable sticks*	Pasta with beans and peas and cooked carrot batons*	Wholemeal English muffin pizza with cheese and vegetable topping*	Crustless quiche with potato salad and pepper sticks*
Second course for infants 10-12 months only	Plain yoghurt and strawberries*	Seasonal fruit salad* with plain yoghurt	Rice pudding with peach slices*	Banana slices*	Apple slices* and cheese (cut into sticks)
Breastmilk/first infant formula	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"> • 7-9 months: four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed) • 10-12 months: three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed). 				
Fresh drinking water	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.

ii 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 spring/summer 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 monthsⁱⁱⁱ

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast For all infants 7-12 months	Wheat biscuits and whole milk with kiwi fruit quarters*	Cornflakes and whole milk with berries*	Crisped rice cereal with whole milk and banana sticks*	Instant oat cereal with melon slices*	Toasted English muffin strips* with scrambled egg and sliced mushrooms
Lunch Main course for all infants 7-12 months	BBQ chicken (or soya) with new potatoes and roast vegetable strips*	Beef (or chickpea) and spinach curry with white rice and broccoli florets*	Steamed Cod (or tofu) in tomato and mixed pepper sauce served with couscous and green beans*	Vegetable and red lentil dhansak with brown rice and carrot batons*	Turkey (or soya mince) meatballs* in tomato sauce with spaghetti
Second course for infants 10-12 months only	Yoghurt and chopped raisins with peach slices*	Seasonal fruit salad*	Rice pudding and raspberries*	Cheese (cut into sticks)* and sliced grapes*	Peach fool ripple with nectarine slices*
Tea Main course for all infants 7-12 months	Couscous and chickpea salad with cucumber batons*	Sardine pâté (or pinto bean spread) on white toast* with grilled tomato slices	Billy can beans (sliced veggie sausage and beans) with wholemeal pasta and courgette batons*	Lemon chicken (or soya) with pitta strips and cucumber batons*	Pea frittata with potato salad and asparagus sticks*
Second course for infants 10-12 months only	Rice pudding and chopped raisins with apricot slices*	Plain yoghurt with strawberries*	Seasonal fruit kebabs* and cottage cheese dip	Sliced strawberries and blackcurrants* with Greek yoghurt	Pineapple slices* with plain yoghurt
Breastmilk/ first infant formula	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"> • 7-9 months: four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed) • 10-12 months: three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed). 				
Fresh drinking water	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.

ⁱⁱⁱ 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 spring/summer 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^{iv}

Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Malt wheat cereal with milk and melon slices*	Cornflakes and whole milk with banana sticks*	Instant oat cereal with kiwi fruit quarters*	Wheat biscuits with whole milk, chopped raisins and nectarine slices*	Crisped rice cereal with whole milk and sliced grapes*
For all infants 7-12 months					
Lunch	Beef (or cannellini bean) and mushroom stroganoff with white rice and sugar snap peas*	Pasta primavera and courgette batons*	Omelette popovers with new potatoes and green beans*	Cod (or lentil) potato and spinach curry with couscous and cauliflower florets*	Chicken (veggie sausages) with roast potatoes* and spring greens
Main course for all infants 7-12 months					
Second course for infants 10-12 months only	Banana sticks*	Yoghurt and dried chopped apricots with melon strips*	Seasonal fruit platter*	Creamy apricot dessert, with sliced apricot*	Seasonal berries* and custard
Tea	Savoury omelette with new potatoes and cucumber sticks*	Lamb (or veggie mince) and mint koftas with tomato sauce and pitta bread strips*	Salmon (or lentil) and broccoli pasta with baby corn*	Homemade flatbread pizza strips and pepper sticks*	Baked sweet potato strips* with bean, vegetable and cheese dip
Main course for all infants 7-12 months					
Second course for infants 10-12 months only	Plain yoghurt with strawberries*	Slices of cheese and apple*	Semolina and nectarine slices*	Sliced grapes and melon slices* with cottage cheese dip	Plain yoghurt and mango slices*
Breastmilk/ first infant formula	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"> • 7-9 months: four breastmilk/first infant formula feeds per day (for example on waking, after lunch, after tea, before bed) • 10-12 months: three breastmilk/first infant formula feeds a day (for example after breakfast, after lunch, before bed). 				
Fresh drinking water	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.

^{iv} 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.