

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 For all infants 7-12 months | 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* |
| Lunch Main course for all infants 7-12 months | 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 |
| 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 Main course for all infants 7-12 months | 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 |
| 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.