



BABY ROOM MENU

Your key worker will discuss your baby's feeding requirements and routine with you and any individual, special dietary requirements.

For babies at stage 1 weaning there is be a selection of home cooked fruit purees using apples, pears, melon, banana. These fruit purees can be mixed with baby rice, porridge or muesli. Vegetable purees will be made using potatoes, parsnips, carrots, butternut squash, sweet potatoes, peas and cauliflower. All of these purees can be mixed with baby rice.

Once your baby is ready to progress onto our daily nursery menu food can be liquidized. If any item on the nursery menu is not suitable for our younger children an alternative will be provided, for example, chicken couscous, baby bolognese, fillet of fish mornay with vegetables, tomato and tuna pasta sauce, braised beef with carrot, parsnip and potato. Finger foods such as lightly steamed vegetables, fruit, rice cakes, bread sticks, mini sandwiches will be offered to help teach self-feeding.

Formula milk can be made up by our staff providing you have given us sterilized bottles with the correct amount of powdered formula milk powder per bottle or cartons of ready mixed milk. Staff will not be able to measure out powdered formula milk due to current government guidelines. Breast milk can be stored in our fridges in the baby rooms.

Fresh, filtered water is available at all times.