Little Adventures
Organic Nurseries & Preschools



Autumn & Winter 2026

Weening Stage Menus

Reviewed by Startwell
Date: March 2026

Green Giraffe
Organic Nurseries & Preschools

Our Weaning Stages explained:

We offer **three carefully planned weaning stages**, designed to support babies and young children to develop a positive relationship with food at their own pace. Progression through each stage is guided by **your child's individual development and readiness**, following **EYFS nutritional guidance.**

Stage 1 – First Tastes (Purée)

Smooth, lump-free purées made from simple, fresh ingredients.
This stage allows babies to explore new flavours in a safe and familiar way, alongside their usual milk feeds. No added salt or sugar.
Stage 1 is suitable for babies at the very start of weaning, including those who have not yet been introduced to allergens, as well as those who already have, following individual dietary guidance.

Stage 2 – Thicker & Textured (Mashed / Soft)

Thicker purées, mashed meals and soft finger foods.
Textures are introduced gradually to help children practice chewing, build confidence and begin early self-feeding, while keeping meals soft, familiar and easy to manage.

Stage 3 – Full Nursery Menu

Children move onto the **full nursery menu**, with portions and textures appropriate for their age and stage.
Meals reflect family-style eating and support confidence, independence and balanced nutrition across the day.

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Stage 3 - Menu Week 1

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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast **8.30am – 9.15am**	Weetabix with milk and banana	Wholemeal toast with cream cheese and pear slices	Porridge with milk & stewed apple and cinnamon	Wholemeal toast with Vitalite and avocado	Overnight oats with yoghurt & mango
	Water or milk to drink				
Mid Morning Snack 10am	Selection of fruit and vegetables (Eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Lunch **11.15am – 11.45am**	**Salmon pie** *Flaked salmon in a mild homemade parsley sauce, topped with creamy mashed potato, baked until golden and served with seasonal vegetables*	**Turkey meatballs in a tomato and vegetable sauce** *Served with couscous and a side of broccoli*	**Roast chicken dinner** *Served with roast potatoes, cabbage, carrots, parsnips and a homemade vegetable gravy*	**Sweet potato and chickpea coconut curry** *Sweet potato and chickpeas in a mild spiced coconut sauce, served with brown rice and carrots*	**Lean beef and mushroom stroganoff** *Lean beef mince and mushroom stroganoff served with wholemeal pasta and a side of peas*
	Lunch served with water				
Vegetarian Option	**Tofu Pie**	**Vegan meatballs in a tomato and vegetable sauce with couscous**	**Butterbean & leek gratin**	**Same as above**	**Lentil & mushroom stroganoff with wholemeal pasta**
2nd Course	**Apple & pear flapjacks** *Sugar free, oven baked apple & pear flapjacks*	**Mandarin yoghurt** *Greek-style yoghurt with mandarin*	**Carrot & orange muffins** *Homemade sugar free oven baked carrot & orange muffins*	**Peach Yoghurt** *Greek-style yoghurt with peaches*	**Winter upside-down pineapple cake** *Homemade sugar free and oven baked*
Afternoon Snack **2.00pm**	**Organic lentil rice cakes**	**Wholemeal pitta bread**	**Oatcakes**	**Wholemeal tortilla triangles**	**Carrot & herb bread fingers**
	Served with a selection of fruit and vegetables (eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Light Tea **3.15pm**	**Mild bean chilli & pitta bread** *Mixed beans gently cooked in a mild homemade tomato and vegetable chilli sauce, served with soft wholemeal pitta bread and vegetable sticks*	**Winter squash & black bean quesadilla** *Homemade quesadilla with squash, black beans and cheese. Served with crudites*	**Homemade cheesy beans on toast** *Haricot beans in a homemade tomato sauce with grated cheese. Served with white or wholemeal toasted triangles*	**Winter tuna & vegetable linguini** *Flaked tuna and winter vegetables folded through linguini in a mild homemade vegetable sauce. (Tofu)*	**Cheesy pearl barley risotto with chicken and roast squash** *Winter grain cooked with shredded chicken breast, sweet roasted squash chunks with a cheese sauce. (Chickpeas)*
	Water or Milk (M) to drink				
Late Snack 5.00pm	Fruit & vegetable basket				

Allergy information key:

Celery, Crustaceans, Egg, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Peanut, Sesame, Soybean, Sulphur Dioxide, Treenuts

All meals are freshly prepared from organic ingredients where stated, (Please ask for recipe cards). Where it is not possible to source organic, (due to product unavailability) we substitute it with the best quality non-organic product.
We do not add any sugar or salt to our meals. We follow all dietary requirements and baby-weaning stages.
We use the following Dairy Substitute products where required: 'Oatly' oat milk, organic soya milk, 'Koko'/ coconut milk, 'Violife' dairy-free cheese and soft cheese, 'Oatly' yoghurt.

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Stage 3 - Menu Week 2

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am – 9.15am	Wholemeal toast & homemade baked beans with Vitalite spread	Porridge with milk & apricots	Wholemeal toasted bagel with cream cheese and cucumber slices	Overnight oats with yoghurt, apple and pear	Weetabix with milk & banana
	Water or milk to drink				
Mid Morning Snack 10am	Selection of fruit and vegetables (Eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Lunch 11.15am – 11.45am	**Winter turkey chilli with baked sweet potato wedges** *Lean turkey mince cooked with mixed beans, sweetcorn and a mild, warming spiced tomato sauce, served with baked sweet potato wedges and seasonal vegetables*	**Mild chicken and butternut squash casserole with brown rice** *Tender chicken gently cooked with butternut squash, carrots and mild herbs in a creamy casserole. Served with brown rice and broccoli*	**Beef Cottage Pie** *Lean beef mince gently cooked with carrots and onions in a rich gravy, topped with creamy mashed potato and baked until golden. Served with cabbage*	**Salmon & broccoli risotto** *Creamy risotto rice with salmon, broccoli and cream cheese. Served with a side of carrots.*	**Lentil, potato and spinach curry with brown rice** *Red lentil, potato and spinach curry with brown rice. Served with a side of cauliflower*
	Lunch served with water				
Vegetarian Option	**Black bean chilli & sweet potato wedges**	**Cannellini bean & butternut squash casserole**	**Green lentil cottage pie**	**Tofu and broccoli risotto**	**Same as above**
2nd Course	**Satsuma yoghurt** *Greek-style yoghurt with satsumas*	**Apple & cinnamon muffin** *Homemade, sugar free, and oven baked*	**Peach yoghurt** *Greek-style yoghurt with peaches*	**Eve's pudding** *Baked seasonal fruit with sugar free sponge*	**Orange & ginger flapjacks** *Sugar free and oven baked*
Afternoon Snack 2.00pm	**Rosemary & garlic focaccia bread**	**Cream crackers**	**Organic lentil rice cakes**	**Oatcakes**	**Wholemeal pitta fingers**
	Served with a selection of fruit and vegetables (eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Light Tea 3.15pm	**Three vegetable & butterbean macaroni** *Macaroni in a homemade butternut squash sauce, with leeks, peas and butterbeans*	**Tuna & sweetcorn pitta pizzas** *Pitta topped with tomato sauce, flaked tuna, sweetcorn and a sprinkle of mild cheddar (tofu)*	**Root vegetable pasta bake** *Wholewheat pasta baked in a mild homemade tomato and root vegetable sauce with cheese*	**Winter lentil and butternut squash dahl** *Red lentils gently cooked with butternut squash, carrots and onions in a warming dahl with toasted bread*	**Turkey and leek quesadillas** *Soft tortilla filled with lean turkey mince, leeks, and melted cheese. Lightly toasted and served with vegetable sticks. (Butterbeans)*
	Water or Milk (M) to drink				
Late Snack 5.00pm	Fruit & vegetable basket				

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8.30am – 9.15am	Porridge with milk and stewed pear	Wholemeal toasted bagel with Vitalite and avocado	Overnight oats with yoghurt and satsuma segments	Weetabix with milk and banana	Wholemeal toast with cream cheese and pear slices
	Water or milk to drink				
Mid Morning Snack 10am	Selection of fruit and vegetables (Eg. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Lunch 11.15am – 11.45am	**Chicken & butternut squash korma with brown rice** *Tender chicken, butternut squash and vegetables gently cooked in a mild creamy coconut and Oatly yoghurt korma sauce, served with brown rice*	**Vegetable & lentil cottage pie** *A hearty mix of lentils and vegetables topped with creamy mashed potato and cheese, served with a side of cabbage*	**Fish mac & cheese** *Cod and salmon in a homemade parsley cheese sauce with macaroni, served with peas*	**Beef bolognese with wholemeal spaghetti** *Lean beef mince, slowly cooked in a tomato herb sauce with finely chopped carrots. Served with wholemeal spaghetti and a side of brocoli*	**Turkey meatballs with red onion gravy and mashed potato** *Turkey meatballs cooked in a naturally sweet, salt-free red onion gravy. Served with creamy mashed potato and soft steamed carrots*
	Lunch served with water				
Vegetarian Option	**Chickpea & butternut squash korma**	**Same as above**	**Tofu mac & cheese**	**Vegetable and bean bolognese with wholemeal spaghetti**	**Vegetable meatballs in red onion gravy**
2nd Course	**Orange & ginger muffins** *Sugar-free and oven baked*	**Mango yoghurt** *Greek-style yoghurt with mango*	**Winter upside-down pineapple cake** *Homemade sugar free and oven baked*	**Winter fruit salad** *Plums, kiwi, satsumas and bananas*	**Baked oat & apple crumble, vanilla custard** *Homemade, sugar free with sugar free vanilla custard*
Afternoon Snack 2.00pm	**Wholemeal tortilla triangles**	**Oatcakes**	**Wholemeal pitta fingers**	**Organic lentil rice cakes**	**Winter vegetable bread**
	Served with a selection of fruit and vegetables (e.g. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Light Tea 3.15pm	**Homemade cheesy beans on toast** *Haricot beans in a homemade tomato sauce topped with grated cheese. Served with white or wholemeal toasted triangles*	**Moroccan chicken tagine** *Lean chicken mince in a Moroccan spiced sauce, served with fluffy wholewheat couscous. (Chickpeas)*	**Butterbean & root vegetable stew** *Butterbeans with carrots, swede, parsnips and sweet potatoes in a warming sauce, served with warm bread*	**Tomato lentil pitta pizza** *Pitta topped with homemade tomato lentil sauce, topped with cheese, served with crudites*	**Roasted tomato & tuna orzo** *Orzo pasta gently cooked in a homemade tomato sauce with tuna and vegetables. Served warm with crudites. (Tofu)*
	Water or Milk (M) to drink				
Late Snack 5.00pm	Fruit & vegetable basket				

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Stage 3 - Menu Week 4

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast **8.30am – 9.15am**	Wholemeal toasted bagel with cream cheese and sliced apple	Overnight oats with yoghurt, apple and cinnamon	Weetabix with milk and pear slices	Wholemeal toast with Vitalite and banana	Porridge with milk and apricots
	Water or milk to drink				
Mid Morning Snack 10am	Selection of fruit and vegetables (E.g. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Lunch **11.15am – 11.45am**	**Vegetable & lentil bolognese** *Red lentil and finely chopped vegetables cooked in a mild homemade tomato sauce, served with wholewheat pasta and steamed greens*	**Mild beef chilli and bulgar wheat** *Lean minced beef cooked with kidney beans, sweetcorn, and mild paprika. Served with bulgar wheat and peas*	**Turkey and apricot pilaf** *Lean turkey cooked with carrots, peas and apricots in a mild savoury sauce. Served with couscous and seasonal vegetables*	**Chicken and leek topped pie** *Chicken & leeks in a vegetable sauce topped with potato. Served with broccoli*	**Creamy salmon & broccoli pasta bake** *Flaky salmon, wholewheat pasta and broccoli in a creamy homemade cheese sauce. Baked until golden and served with seasonal vegetables*
	Lunch served with water				
Vegetarian Option	**Same as above**	**Mild black bean chilli & bulgar wheat**	**Chickpea and apricot pilaf**	**Butterbean and leek topped pie**	**Creamy broccoli & tofu pasta bake**
2nd Course	**Stewed pear yoghurt** *Greek-style yoghurt with stewed pears*	**Eve's pudding** *Baked seasonal fruit with sugar free sponge*	**Satsuma rice pudding** *Creamy milky rice pudding gently cooked with satsuma pieces for natural sweetness*	**Baked cinnamon plums** *Soft baked plums with cinnamon, served with Greek style yoghurt on the side*	**Apple and cinnamon flapjacks** *Sugar free and oven baked*
Afternoon Snack **2.00pm**	**Oatcakes**	**Tomato and chive bread**	**Cream crackers**	**Wholemeal pitta bread**	**Organic lentil rice cakes**
	Served with a selection of fruit and vegetables (e.g. apples, bananas, pears, plums, peaches, satsumas, grapes, cherry tomatoes, carrots, peppers, cucumbers, avocado). Served with water				
Light Tea **3.15pm**	**Chicken & root vegetable stew** *Chicken cooked with carrots, parsnips, and potatoes in a warming sauce, served with warm bread and spread.* *(Cannellini beans)*	**Creamy mushroom & butterbean linguini** *Creamy mushrooms and butterbeans folded through wholewheat linguini in a mild homemade sauce.*	**Tuna & winter vegetable pasta bake** *Flaked tuna with winter vegetables in a light creamy cheese sauce with a cheesy crisp top. (Tofu)*	**Mild coconut chickpea korma with Rice** *Chickpeas lightly mashed, simmered in a mild coconut curry sauce, served with brown rice*	**Tomato lentil pitta pizza** *Pitta topped with homemade tomato lentil sauce, topped with cheese and served with crudites*
	Water or Milk (M) to drink				
Late Snack 5.00pm	Fruit & vegetable basket				

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