



KENSINGTON
CASTLE
EARLY EDUCATION CENTRE

SAMPLE MENU

6 -12 months

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Apple & Apricot Puree with Iron Fortified Rice Cereal	Apple & Pear Porridge Puree	Peach Rice Pudding with Cinnamon Puree	Apple, Blueberry & Pear Puree with Iron Fortified Rice Cereal	Tapioca & Pear Puree
LUNCH	Chicken, Red Lentils & Carrot Mashed Broccoli, Cauliflower & Potato Puree	Veal, Potato, Tomato & Cheese Mashed Pumpkin & Sweet Potato Puree	Pasta, Zucchini, Broccoli, White Beans & Green Peas Mashed Carrot & Corn Puree	Chicken, Corn, Cauliflower, Pearl Barley & Rice Mashed Pumpkin Puree	Beef & Roast Vegetable Stew with Cous Cous Mashed Zucchini & Potato Puree
AFTERNOON	Mango & Ricotta Risotto Pureed	Apple, Orange, Pear & Prune Puree with Iron Fortified Rice Cereal	Apple & Pear Puree with Iron Fortified Rice Cereal	Apple & Pear Semolina Puree	Mango & Pear Puree with Iron Fortified Rice Cereal

