

SAMPLE DAY MENU



Breakfast/Morning snack:

Home-made Cheese & Spinach breadsticks or Oat Puffs cereal with fresh pear.

Milk or water to drink.

Babies approximately 5 – 8 months: Organic low sugar baby rice, organic sugar-free rusk.

Babies 8 months and over toast soldiers or hot oat cereal or puffed rice as age-appropriate. Softened diced pear.

Cooked Lunch:

Diced breast chicken cooked with a selection of mixed fresh vegetables, served with rice, and peas and sweet corn to the side.

Babies approximately 4 – 6 months: **Pea and potato puree.**

Babies approximately 6 – 8 months: **Mixed vegetable bake.**

Babies approximately 8 -12 months: **Mixed vegetable bake** or Chicken and vegetables with rice as above, semi purée, mashed or finely chopped as developmentally appropriate and as per weaning guidance.

Pudding

Semolina with apricot purée

Babies approximately 6 – 8 months: **Apricot purée.**

Babies approximately 8 -12 months: Semolina with apricot purée or fruit butter.

Water to drink.

Supper:

Thick Butternut and Carrot soup with homemade bread/bread rolls. Home made low sugar cake or Selection of thinly sliced seasonal Fresh Fruit.

Babies approximately 4 – 6 months: **Apricot purée.**

Babies under 8 months: **Butternut and Carrot bake. Apple Purée**

Babies approximately 8 -12 months: **Butternut and Carrot bake** or soup as above with homemade bread soldiers/sticks. Seasonal fruit (peeled, semi purée, mashed or finely chopped as is developmentally appropriate).

Water to drink.

**Although guidance is given above for weaning babies from 4 months it is unlikely that parents will wish to wean their babies until 6 months as is the current recommendation.*