

10+ months

7am baby's usual milk

## BREAKFAST

MON

Overnight oats made with baby's usual milk, Greek or dairy-free yoghurt, finely grated apple, raisins + cinnamon

 **finger food...** Banana fingers

TUES

 Toast solders with cream cheese or peanut butter   
**finger food...** Quartered strawberries

WED

Blueberries + raspberries with Greek or dairy-free yoghurt + a sprinkle of oats

**finger food...** Toast fingers 

THURS

Toasted crumpet fingers with slices of cheese 

 **finger food...** Ripe plum fingers (or other soft fruit in season)

FRI

Porridge with baby's usual milk + chopped strawberries

**finger food...** Cooked apple fingers (peeled) 

SAT

 Wholemeal toast with almond butter + sliced banana  
**finger food...** Mango fingers

SUN

**Pick-up porridge bars**   
**finger food...** Avocado fingers 



Look out for recipes highlighted in yellow. You'll find all of these in the recipe hub on the Ella's kitchen website.

## LUNCH

 **Veggie omelette fingers**  
**finger food...** Boiled new potatoes (quartered) + broccoli trees

 Cous cous mixed with mashed avocado, tuna, diced tomato + cucumber  
**finger food...** Rice cakes x2 

Hard boiled egg slices (cut into 6th or 8th), toast solders + cheese slices  
**finger food...** Cucumber sticks (peeled) 

 **Cheesy feet pizza**  
**finger food...** Halved raspberries or blueberries

 Cauliflower cheese  
**finger food...** Well-cooked pasta pieces, + carrot sticks 

 Scrambled eggs with tomato salsa dip  
**finger food...** Toast solders + avocado fingers 

**Chicken, chickpea + pesto meatballs**   
**finger food...** Steamed broccoli trees + parsnip sticks 

Little ones can grip smaller shaped foods with their finger + thumb, go for a soft + melty texture!

3pm baby's usual milk

## DINNER

**Big veg chunky chilli**   
with rice  
**finger food...** Cooked broccoli trees 

**Zingy lamb + cumin feast**   
**finger food...** Carrot batons

**Wonderfully warming shepherd's pie**   
**finger food...** Cooked cauliflour florets (halved or quartered) 

**Smoky bean one-pot-hotpot**  
**finger food...** Boiled new potatoes (quartered) 

 **A-maize-ing fish fingers**  
with mashed potato  
**finger food...** Halved or quartered broccoli trees 

**Mega meatballs with mango sauce**   
**finger food...** Roasted courgette fingers + sweet potato sticks 

**Veggie feast pasta + cheese**   
**finger food...** Parsnip sticks 

Go for a chunky chopped texture with finger foods that are soft and easy to chew. Everything should squish easily under a fork.

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