

12+ months

7am baby's usual milk

7pm baby's usual milk

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

MON



Oat-so-appleing overnight oats

Pitta sticks with hummus + plum fingers

Golden egg eggy bread

Top banana pancake with peanut butter + mashed banana

Salmon + pea mmm-macaroni

TUES



Wholemeal toast fingers with cream cheese + mashed blueberries

Top banana pancake with Greek yoghurt + quartered strawberries

Lentil dhal

Half a wholemeal pitta with sliced chicken + mashed avocado

Coconutty chicken noodles

WED



Porridge with baby's usual milk, a sprinkle of ground seeds + mashed frozen berries (thawed)

Half a wholemeal English muffin, toasted, with peanut butter + smashed banana

Hey pesto pasta with broccoli

2 oatcakes with hummus + grated carrot

Boing boing beany pot

THURS



Rise 'n' shine muffins with avocado fingers

Half a plain scone with cream cheese + cucumber sticks

Salmon cous cous

Mashed banana + frozen berries with Greek yoghurt

Mighty mushroom gnocchi

FRI



Banana + raspberry chunks with Greek yoghurt + a sprinkle of ground seeds

Half slice of wholemeal toast with nut butter + strawberry slices

Go go go! Green pancakes with steamed carrot + broccoli with hummus

Fruit scone with butter + plum fingers

Funky fish tacos

SAT



Brekkie beany hash with wholemeal toast fingers

2 oatcakes with cottage cheese + quartered grapes (cut lengthways)

Poppin' pea pasta

Half a wholemeal English muffin, toasted, with cream cheese + thinly sliced red pepper

Big veg chunky chilli

SUN



Lovely hearts brekkie bread rolls with a scrambled egg + quartered cherry tomatoes

Toasted crumpet with nut butter + grated apple

Winner winner roast chicken dinner

2 oatcakes with nut butter + grated carrot

Chickpea hummus picky plate



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

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