

7+ months
DAIRY-FREE

7am
baby's
usual
milk

MON

TUES

WED

THURS

FRI

SAT

SUN



BREAKFAST

Mashed soft berries with dairy-free thick yoghurt + a sprinkle of ground mixed seeds
finger food... Banana fingers

Scrambled egg with crustless wholemeal toast fingers
finger food... Avocado fingers

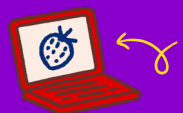
Overnight oats made with baby's usual milk, dairy-free yoghurt, finely grated carrot, peanut butter + cinnamon
finger food... Kiwi fingers

Top banana pancake fingers with mashed blueberries + dairy-free thick yoghurt
finger food... Pancake fingers

Wholemeal toast soldiers with almond or peanut butter
finger food... Banana fingers

Dairy free coconut twist overnight oats
finger food... Cooked, peeled apple fingers

Golden pumpkin spiced porridge
finger food... Tinned peach fingers



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

10am
baby's
usual
milk



LUNCH

Vroomy mushroom risotto
finger food... Cooked broccoli trees (halved or quartered)

Deeelicious lentil + carrot dhal
finger food... Wholemeal pitta fingers

Sweetcorn + chive pancake fingers with hummus
finger food... Ripe plum fingers (or other soft fruit in season)

Butternut + chickpea curry with rice
finger food... Cooked carrot sticks

Full of beans pork + peppers
finger food... Cooked parsnip sticks

Pitta fingers with Moroccan carrot + cumin hummuss
finger food... Peeled cucumber fingers

Wholemeal toast fingers with **Marvellous minty pea + avocado dip** + scrambled egg
finger food... Toast fingers

Fork-mashed texture meals with small lumps (the size of a lentil) in a thick puree

Finger foods are soft, squishy, the size + shape of your index finger

1pm
baby's
usual
milk



4pm
baby's
usual
milk



7pm
baby's
usual
milk

