

7+ months

7am baby's usual milk

# BREAKFAST

MON



Porridge with baby's usual milk + a sprinkle of cinnamon  
**finger food...** Banana fingers

TUES



Mashed soft berries with Greek or dairy-free yoghurt + a sprinkle of oats  
**finger food...** Toast fingers

WED



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

THURS



Pancake fingers with mashed blueberries + Greek or dairy-free thick yoghurt  
**finger food...** Ripe plum fingers (or other soft fruit in season)

FRI



Eggy bread soldiers  
**finger food...** Cooked apple fingers (peeled)

SAT



Toast soldiers with almond butter  
**finger food...** Peach fingers (fresh or tinned)

SUN



Spiced pear rice pud  
**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.

10am baby's usual milk

# LUNCH

1pm baby's usual milk

4pm baby's usual milk

7pm baby's usual milk



Roasty red pesto chicken  
**finger food...** Boiled new potatoes (quartered)



Butternut + chickpea curry with rice  
**finger food...** Ripe plum fingers (or other soft fruit in season)



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



Full of beans pork + peppers  
**finger food...** Well-cooked pasta pieces



Deeelicious lentil + parsnip dhal  
**finger food...** Wholemeal pitta fingers



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



Apricot + apple puree with Greek yogurt + oats  
**finger food...** Cooked carrot sticks

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