

7+ months
VEGETARIAN

7am baby's usual milk

MON

TUES

WED

THURS

FRI

SAT

SUN



BREAKFAST

Mashed soft berries with Greek or 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, Greek or dairy-free yoghurt, finely grated carrot, peanut butter + cinnamon
finger food... Kiwi fingers

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

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

Easy cheesy eggy bread
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 + parsnip 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

Broc 'n' roll cheesy chive pasta
finger food... Cooked parsnip sticks

Go go go! Green pancakes with hummus
finger food... Cooked carrot + broccoli 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

