

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 + 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

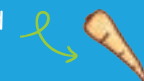
finger food... Cooked carrot sticks



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