

week three

MON

TUES

WED

THURS

FRI

SAT

SUN

7am  
baby's  
usual  
milk



10am  
baby's  
usual  
milk



12noon  
baby's  
usual  
milk



LUNCH



Cauliflower, potato + butter beans  
with a sprinkle of grated cheese

**finger food...** Peeled melon fingers



Sweet potato, broccoli +  
lentils with smoked paprika

**finger food...** Carrot battons



Avocado, pea + mint

**finger food...** Halved or  
quartered broccoli trees



Roasted butternut, carrot + chickpea  
with a little smooth peanut butter

**finger food...** Banana fingers



Broccoli, cauliflower, potato + cannellini  
beans with a pinch of rosemary

**finger food...** Avocado fingers  
(leave on half the skin for grip)



Roasted courgette, red pepper +  
sweet potato with lentils + oregano

**finger food...** Parsnip batons

Apricot + apple puree with  
Greek yogurt + oats



**finger food...** Quartered cauliflower floret

4pm  
baby's  
usual  
milk



7pm  
baby's  
usual  
milk



A few spoonfuls of puree mixed with  
baby's usual milk. Go for a smooth  
mashed potato-like consistency.

Make sure all veg are soft cooked so they  
squish between your finger + thumb + about  
the size + shape of an adult index finger.