

week
four

MON

TUES

WED

THURS

FRI

SAT

SUN

7am
baby's
usual
milk



10am
baby's
usual
milk



12noon
baby's
usual
milk



LUNCH

Sweet potato, cannellini beans + cauliflower
with a sprinkle of grated cheese
 **finger food...** halved or
quartered steamed broccoli trees 

 Well-cooked pasta, tuna,
tomato passata + oregano
(double up for later in the week!)
finger food... kiwi fingers

Risotto rice, butternut squash,
lentils + smoked paprika
finger food... carrot batons 

Mashed potato, beef mince + broccoli
(double up the mash for later in the week!)
 **finger food...** melon fingers

 Couscous, avocado +
tinned salmon (boneless) 
finger food... banana fingers 

 Well-cooked pasta, beef mince + carrots
finger food... quartered cauliflower florets 

 Mashed potato, chicken mince,
carrots, broccoli + rosemary 
finger food... apricot fingers 

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.