

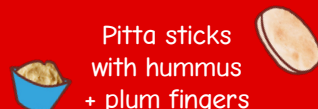
12+
months

7am
baby's
usual
milk!

MON



Oat-so-appleing
overnight oats



Pitta sticks
with hummus
+ plum fingers



Golden egg
eggy bread



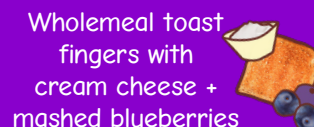
Top banana
pancake with
peanut butter +
mashed banana



Salmon and pea
mmm-macaroni



TUES



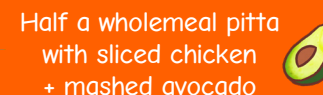
Wholemeal toast
fingers with
cream cheese +
mashed blueberries



Top banana
pancake with Greek
yoghurt + quartered
strawberries



Lentil dhal



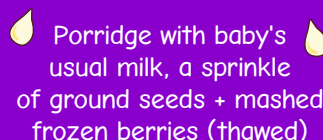
Half a wholemeal pitta
with sliced chicken
+ mashed avocado



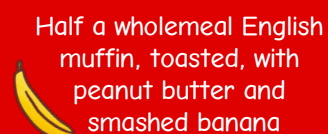
Coconutty
chicken noodles



WED



Porridge with baby's
usual milk, a sprinkle
of ground seeds + mashed
frozen berries (thawed)



Half a wholemeal English
muffin, toasted, with
peanut butter and
smashed banana



Hey pesto
pasta with broccoli



2 oatcakes with
hummus and
grated carrot



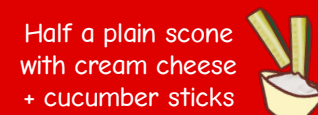
Boing boing
beany pot



THURS



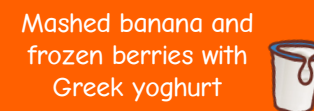
Rise 'n' shine
muffins with
avo fingers



Half a plain scone
with cream cheese
+ cucumber sticks



Salmon
cous cous



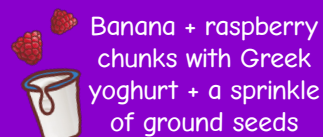
Mashed banana and
frozen berries with
Greek yoghurt



Mighty
mushroom
gnocchi



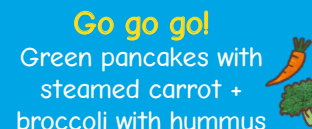
FRI



Banana + raspberry
chunks with Greek
yoghurt + a sprinkle
of ground seeds



Half slice of
wholemeal toast
with nut butter +
strawberry slices



Go go gol
Green pancakes with
steamed carrot +
broccoli with hummus



Fruit scone
with butter
+ plum fingers



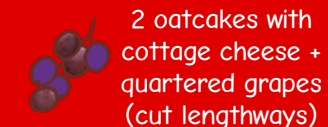
Funky
fish tacos



SAT



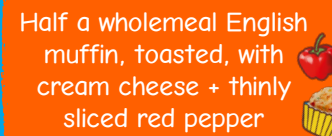
Brekkie beany
hash with wholemeal
toast fingers



2 oatcakes with
cottage cheese +
quartered grapes
(cut lengthways)



Poppin'
pea pasta



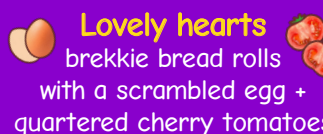
Half a wholemeal English
muffin, toasted, with
cream cheese + thinly
sliced red pepper



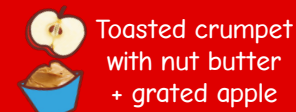
Big veg
chunky chilli



SUN



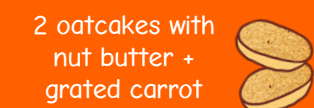
Lovely hearts
brekkie bread rolls
with a scrambled egg +
quartered cherry tomatoes



Toasted crumpet
with nut butter
+ grated apple



Winner winner
roast chicken
dinner



2 oatcakes with
nut butter +
grated carrot



Chickpea hummus
picky plate



7pm
baby's
usual
milk!