

12+
months

7am
baby's
usual
milk!

MON



Oat-so-appleing
overnight oats



TUES



Wholemeal toast
fingers with
cream cheese +
mashed blueberries



WED



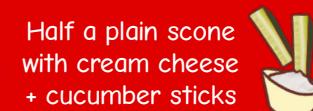
Porridge with baby's
usual milk, a sprinkle
of ground seeds + mashed
frozen berries (thawed)



THURS



Rise 'n' shine
muffins with
avo fingers



FRI



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



SAT



Brekkie beany
hash with wholemeal
toast fingers



SUN



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



BREAKFAST

SNACK

LUNCH

SNACK

DINNER

7pm
baby's
usual
milk!



Oat-so-appleing
overnight oats



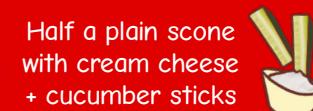
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usual milk, a sprinkle
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muffins with
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Brekkie beany
hash with wholemeal
toast fingers



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



Golden egg
eggy bread



Top banana
pancake with
peanut butter +
mashed banana



Salmon and pea
mmm-macaroni



Lentil dhal



Half a wholemeal pitta
with sliced chicken
+ mashed avocado



Coconutty
chicken noodles



Hey pesto
pasta with broccoli



2 oatcakes with
hummus and
grated carrot



Boing boing
beany pot



Salmon
cous cous



Mashed banana and
frozen berries with
Greek yoghurt



Mighty
mushroom
gnocchi



Go go go!

Green pancakes with
steamed carrot +
broccoli with hummus



Fruit scone
with butter
+ plum fingers



Poppin'
pea pasta



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



Funky
fish tacos



Winner winner
roast chicken
dinner



2 oatcakes with
nut butter +
grated carrot



Big veg
chunky chilli



Chickpea hummus
picky plate

