

## SAMPLE BABIES' MENU

Day	4-5 m puree	5-7 m Puree/chopped	7-12 m chopped
Mon	Carrots	Carrot and courgette Banana	Lamb and carrots Stewed apple
Tue	Yam	Swede and carrot Apple	Chicken and Rice Mango
Wed	Banana	Sweet potato Mango	Avocado and Butternut squash Pear crumble and custard
Thurs	Butternut	Parsnip and potato Pear	Fresh fish with sweet potato
Fri	Potato	Potato and avocado Papaya	Swede, courgette and cheese Bread and butter pudding with peach