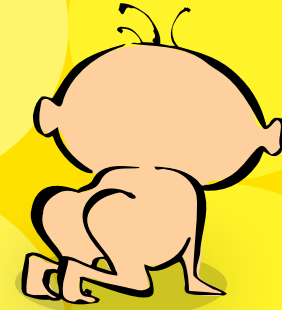


Menu planner

baby's first family meals

This menu is intended as a guide for food choice, with ideas for foods to try. Some babies will eat more than others and so the menu does not give portion sizes.

Offer your baby water with each meal. Your baby will gradually cut down on their drinks of breastmilk or infant formula as they begin to eat more food.



2

Day



Day



Day



Breakfast

Porridge or unsweetened cereal* with milk
Pieces of ripe peeled pear (finger food)
Breastmilk or infant formula

Wholewheat biscuit cereal* with milk
Pieces of melon (finger food)
Breastmilk or infant formula

Mashed banana and toast fingers (finger food)
Breastmilk or infant formula

Lunch

Baked beans (reduced salt and sugar)
Toast fingers (finger food)
Plain fromage frais with stewed apple
Breastmilk or infant formula

Scrambled egg (well cooked) with toast, chapatti or pitta bread
Cucumber sticks (finger food)
Soft, ripe peeled peach (finger food)
Breastmilk or infant formula

Macaroni cheese
Green beans (finger food)
Strawberries (finger food)
Breastmilk or infant formula

Tea

Fish, broccoli and mashed potato
Cooked carrot sticks (finger food)
Chopped grapes (finger food)

Minced lamb and vegetable casserole with rice
Mixed berries and plain yogurt

Lentil and vegetable bake
Red pepper slices (finger food)
Rice pudding with raisins

Evening

Breastmilk or infant formula

Breastmilk or infant formula

Breastmilk or infant formula

*Mix cereal with breastmilk, whole cow's milk or infant formula. Whole cow's milk is not suitable as a drink until age one year.

