



Meal planner for a six to nine months Baby

All meals are homemade, using fresh produce, mostly organic and fair-trade. We usually get what is in season from local businesses. We believe that variety is the spice of life and it is crucial in the development of taste. We get our inspiration from Annabel Karmel whose recipes we find original, healthy and tasty. We do take the children's preferences into consideration (as well as their dietary needs) and some favourites come around more often than others. Should we be prevented from cooking, we would offer excellent quality organic baby food.

Water is offered throughout the day, especially in warm weather.

N.B.: The planner below assumes that Babies are given milk at home in the mornings and evenings

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B'FAST	Weetabix with milk and cinnamon	Baby rice with fruit puree	Ready Brek with milk	Baby cereals with berries and milk	Weetabix with milk and mashed banana
LUNCH	Easy one-pot chicken Apple pear and abricot compote	Plaice with tomatoes and potatoes Fromage frais.	Braised beef with sweet potato. Peach puree and Baby rice	Lovely lentils (with their vegetable friends) Mashed banana (sautéed in orange juice and cinnamon)	Chicken with grapes and courgettes Yoghurt and Sharon fruit
SNACK	Milk Orange Rice cake	Milk Special bread	Milk Apple Rice cake	Milk Fruity biscuit	Milk Rusk
DINNER	Courgette gratin Kiwi and banana	Trio of cauliflower, red pepper and sweetcorn Papaya puree	Minestrone Mixed-dried fruit compote	Popeye Pasta Peach. Apple and strawberry puree	Baked sweet potato with orange Smooth pineapple