

Green  Kiddie

Sample Menus

# A sample weekly menu for babies Stage 1 (from 6 months)

	Breakfast	Lunch
Monday	Baby rice	Carrots puree
Tuesday	cooked apple puree	Sweet potato puree
Wednesday	Cooked pear puree	Broccoli puree
Thursday	Mashed banana	Potatoes puree
Friday	Baby rice	Parsnip, puree
Saturday	Mango puree	Squash puree
Sunday	Baby rice	Swede puree

# A sample weekly menu for babies Stage 2 (from 7 months)

	Breakfast	Lunch	Dinner
Monday	Baby rice with blueberries puree	Turkey, carrots and potatoes puree Plain yogurt	Baby rice with broccoli
Tuesday	Baby rice with cooked apple puree	Chicken, sweet potato and broccoli puree Cooked pear puree	Swede and parsnip puree
Wednesday	Cooked pear and apple puree	Baby rice and broccoli with cheese sauce Banana	Potatoes and squash puree
Thursday	Mashed banana	Lentils and sweet potatoes puree Plain yogurt	Baby rice with peas and carrots
Friday	Baby rice with cranberries	Parsnip, carrots and lamb puree Cooked apple puree	Broccoli, peas and spinach puree
Saturday	Cooked apple and mango	Squash, pasta and chicken puree Mango puree	Lentils and carrots puree
Sunday	Baby rice with cooked plums puree	Sweet potatoes and carrots with apple sauce Plain yogurt	Pureed peas and potatoes

# A sample weekly menu for babies Stage 3 (from 10 months)

	Breakfast	Lunch	Dinner
Monday	Quinoa breakfast with apple	Sweetcorn, Peppers & Chicken Risotto Pear puree	Spaghetti Carbonara Plain yogurt
Tuesday	Porridge with peach bits	Vegetable & Turkey Casserole Apple puree	Pasta with Tomatoes and Mozzarella Cranberries and rice desert
Wednesday	Buckwheat with banana	Vegetables with Noodles & Chicken Peach slices	Sweet corn, Peppers & Chicken Risotto Plain yogurt
Thursday	Rice breakfast with apricots	Potato, Pumpkin & Chicken bake Apricot puree	Tomato soup Rice pudding
Friday	Buckwheat, oat flakes and soaked dried prunes	Vegetable and chicken risotto Banana	Cauliflower, potatoes and zucchini bake Plain yogurt
Saturday	Quinoa with wheatgerm and blueberry puree	Baked cod with steamed vegetables Grapes	Spaghetti Bolognese Blueberries puree
Sunday	Porridge with soaked dried apricots and raisins	Broccoli and cheese casserole Plain yogurt	Lentils soup Mango slices

# A sample weekly menu for toddlers Part 1

	Breakfast	Mid-morning Snack	Lunch	Snack	Dinner
Monday	Oat flakes and wheatgerm with soaked dried blueberries	A small glass of carrot juice	Zucchini, fennel and Chicken Risotto Pineapple	Avocado and orange pepper slices with humus	Spaghetti Bolognese Plain yogurt
Tuesday	Porridge, butter and banana Apple juice	Dries apricots and prunes	Vegetable & Turkey Casserole $\frac{1}{2}$ banana	Cheese on toast	Pasta with Chicken, Tomatoes and Mozzarella Cranberry rice desert
Wednesday	Wheat breakfast cereals with peach	A small glass of pineapple juice	Vegetables with Noodles & Chicken Apple crumble	Banana and plums slices dipped in yogurt	Sweetcorn, Peppers & Chicken Risotto Plain yogurt

# A sample weekly menu for toddlers Part 2

<b>Thursday</b>	Porridge, butter and soaked dried apricots	Banana slices	Lamb with spring onion and spinach casserole Plain yogurt	Cheese cubes and grapes	Tomato soup Rice pudding
<b>Friday</b>	Buckwheat, oat flakes and soaked dried prunes	A small glass of pear and apple juice	Potatoes, beans, peas and tomatoes bake Plain yogurt	Pita bread and humus slices	Chicken nuggets and salad Apple cubes
<b>Saturday</b>	Quinoa, wheat flakes and mango bits	Pear and mango slices	Potatoes with spinach and cheese bake Blueberries	carrot and cucumber sticks with humus	Lentils soup, 1 slice of toasted bread Rice pudding
<b>Sunday</b>	Cheese and mashes egg yolk on toast $\frac{1}{2}$ pear a small glass of milk	Grapes and melon slices	Salmon with potatoes and parsnip mash $\frac{1}{2}$ apricot	Home-made oats, banana, sultanas and cinnamon biscuits	Broccoli and cauliflower cheese Kiwi fruit