



### Menu: Baby 6 months + Week 1

Name	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Baby (6 Month +)</b>	Strawberry Porridge	Oats	Mielie pap	Weetbix	Chocolate Porridge
<b>Morning Snack Baby (6 Month +)</b>	Apple puree	Yogurt	Peach puree	Pear puree	Blueberry Puree and Yogurt
<b>Lunch Baby (6 Month +)</b>	Butternut & Carrot Puree	Red Pepper and Cauliflower Puree	Pumpkin with Cinnamon	Cauliflower & Potato Puree	Butternut and Pea puree
<b>Afternoon snack baby (6 Month +)</b>	Banana Smashed	Oatmilk and Vanilla Chia Seed Pudding	Papaya Smashed	Mango Puree	Berry Smash

### Menu: Baby 6 months + Week 2

Name	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Baby (6 Month +)</b>	Strawberry Porridge	Oats	Mielie pap	Weetbix	Chocolate Porridge
<b>Morning Snack Baby (6 Month +)</b>	Apple puree	Banana Smash and Yogurt	Pear Puree	Mango puree	Yogurt
<b>Lunch Baby (6 Month +)</b>	Butternut & Sweet Corn Puree	Carrots & Cauliflower Puree	Pumpkin with Cinnamon	Carrot & Pea Puree	Potato and Pea puree
<b>Afternoon snack baby (6 Month +)</b>	Oatmilk and Vanilla Chia Seed Pudding	Papaya Smashed	Banana Mashed	Oatmilk and Vanilla Chia Seed Pudding	Berry Smash

### Menu: Baby 6 months + Week 3

Name	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Baby (6 Month +)</b>	Strawberry Porridge	Oats	Mielie pap	Weetbix	Chocolate Porridge
<b>Morning Snack Baby (6 Month +)</b>	Apple puree	Yogurt	Berry Puree	Pear puree	Blueberry Puree and Yogurt
<b>Lunch Baby (6 Month +)</b>	Butternut & Carrot Puree	Red Pepper and Cauliflower Puree	Pumpkin with Cinnamon	Pea & Potato Puree	Butternut and Sweet Corn puree
<b>Afternoon snack baby (6 Month +)</b>	Papaya Smashed	Mango Puree	Oatmilk and Vanilla Chia Seed Pudding	Banana Smashed	Berry Smash