

## Meal planner from around 9 until 12 months

	Early feed	Mid-Morning	Lunchtime	Mid-afternoon	Dinner	Bedtime
<b>Monday</b>	Bircher muesli served with yoghurt  Breast milk or formula feed	Breast milk or formula feed	Potato pancakes Banana risotto Water	Breast milk or formula feed	Turkey and apricot burgers  Water	Breast milk or formula feed
<b>Tuesday</b>	Apple puree with pancakes  Breast milk or formula feed	Breast milk or formula feed	Potato gnocchi with tomato sauce  Rhubarb crumble Water	Breast milk or formula feed	Mini veggie burgers	Breast milk or formula feed
<b>Wednesday</b>	Banana, apple and oatmeal smoothie  Breast milk or formula feed	Breast milk or formula feed	Spinach and cheese bake Banana and carrot smoothie  Water	Breast milk or formula feed	Hidden vegetable lasagne  Water	Breast milk or formula feed
<b>Thursday</b>	Bircher muesli served with yoghurt  Breast milk or formula feed	Breast milk or formula feed	Mild chicken and coconut curry dip with crudités  Yoghurt fruit drink Water	Breast milk or formula feed	Butternut squash stew Water	Breast milk or formula feed
<b>Friday</b>	Pumpkin fruit mash served with yoghurt  Breast milk or formula feed	Breast milk or formula feed	Simple minestrone  Purple vitamin puree Water	Breast milk or formula feed	Macaroni cheese  Water	Breast milk or formula feed

<p><b>Saturday</b></p>	<p>Banana and avocado puree with toast</p> <p>Breast milk or formula feed</p>	<p>Breast milk or formula feed</p>	<p>Kids meatballs in sauce</p> <p>Purple vitamin purée</p> <p>Water</p>	<p>Breast milk or formula feed</p>	<p>Sweetcorn risotto</p> <p>Banoffee ice cream</p> <p>Water</p>	<p>Breast milk or formula feed</p>
<p><b>Sunday</b></p>	<p>Scrambled egg on toast</p> <p>Breast milk or formula feed</p>	<p>Breast milk or formula feed</p>	<p>Beef and vegetable purée</p> <p>Yoghurt smoothie</p> <p>Water</p>	<p>Breast milk or formula feed</p>	<p>Pork and vegetables</p> <p>Superfruit smoothie</p> <p>Water</p>	<p>Breast milk or formula feed</p>