

Weaning meal plan 7-9 months

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Breakfast	Snack	Lunch	Snack	Dinner	Pud
Banana porridge	Baby's usual milk + melon slices	Jacket potato	Baby's usual milk + sliced papaya	Spaghetti Bolognese blended/mashed	Blueberry and banana yogurt
Ready Brek + pear puree	Baby's usual milk + strawberries	Scrambled eggs with cheese and tomatoes mashed with toast fingers	Baby's usual milk + banana yogurt pops	Haddock and spinach pasta bake blended/mashed	Apple sauce + baby custard + chopped plums
Ready Brek + apricot puree	Baby's usual milk + banana slices	Textured turkey puree + broccoli puree + potato puree mixed	Baby's usual milk + peach slices	Spaghetti with pesto blended/mashed	Baby rice pudding pot + mango puree
Warm porridge smoothie + toast fingers	Baby's usual milk + seedless grape halves	Red lentil stew blended/mashed	Baby's usual milk + thin apple and cheese slices	Pasta shells with salmon and broccoli blended/mashed	Blueberry and banana yogurt
Apple sauce with baby cereal and chopped dried apricots	Baby's usual milk + kiwi slices	Fish and chips blended/mashed	Baby's usual milk + raspberries	Textured pork puree + rice soup mixed	Baby custard + chopped soft dried prunes
Weetabix	Baby's usual milk + buttered toast soldiers with peanut butter	Chicken and apple balls halved/mashed	Baby's usual milk + natural yogurt + pear puree	Textured beef puree + mashed neeps + potato puree mixed	Watermelon
Ready Brek + apricot puree	Baby's usual milk + yogurt	Chicken in broth blended/mashed	Baby's usual milk + dried soft prunes	Lamb and bean casserole family meal blended/mashed	Textured apple, pear and vanilla puree