

Weaning meal plan 9-12 months

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	Brekkie	Snack	Lunch	Pud	Snack	Dinner	Pud
M	Banana porridge	Baby's usual milk + strawberries	Scrambled eggs with cheese and tomatoes	Berry egg bread (without honey until 12 months)	Baby's usual milk + yogurt + soaked, halved raisins	Pasta shells, salmon and broccoli mashed/chopped	Baby custard + apple sauce
T	Ready Brek + pear puree	Baby's usual milk + grapes + cheese slices	Tasty chicken sausages whole/chopped	Baby custard + chopped kiwi and papaya	Baby's usual milk + buttered soft brown roll	Veg biryani mashed/chopped	Banana yogurt pops
W	Yogurt + apricot puree + chopped plum + toast	Baby's usual milk + banana	Veggie burgers whole/chopped	Parsnip, apple and pear rice pud	Baby's usual milk + cheese and rice cakes	Lamb and lenti stew family meal mashed/chopped	Watermelon
T	Warm porridge smoothie + toast fingers	Baby's usual milk + seedless orange segments	Jacket potato	Blueberry and banana yogurt	Baby's usual milk + steamed carrot sticks	Fruity chicken curry mashed/chopped	Mango pops
F	Ready Brek + apple sauce	Baby's usual milk + kiwi slices	Apple and chicken balls whole/chopped	Baby custard + chopped strawberries	Baby's usual milk + bagel with cheese	Fish and chips mashed/chopped	Baby rice pudding pot + chopped steamed pear
S	Weetabix + chopped prunes	Baby's usual milk + buttered toast soldiers with peanut butter	Chicken in broth mashed/chopped	Apple, pear and vanilla puree	Baby's usual milk + apricot slices and raspberries	Ham and lentil soup family meal mashed/chopped	Blueberry and banana yogurt
S	Scrambled eggs with cheese and tomatoes	Baby's usual milk + fromage fraise	Salmon, spinach and potato mashed/chopped	Baby custard + blueberry puree	Baby's usual milk + peach slices	One-pot roast chicken family meal mashed/chopped	Baby rice pudding pot + pear puree + ground almonds