

Meal planner from around 9 until 12 months

	Early feed	Mid-Morning	Lunchtime	Mid-afternoon	Dinner	Bedtime
Monday	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
Tuesday	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
Wednesday	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
Thursday	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
Friday	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>Saturday</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>Sunday</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>