

# Chef for Kids Menu

6 to 9 months

All menu items are gluten free and dairy free

WEEK 1

## WEEKLY MENU SUMMARY

Our baby menu has been created following the Australian Infant Feeding Guidelines. They recommend, in addition to continuing breast milk or infant formula for the first 12 months, that a variety of solids be introduced from each of the Five Food Groups, with varied textures ranging from pureed, soft and mashed food. By 12 months of age, babies should be eating a wide variety of family foods.

ALL MEALS ARE SMOOTH PUREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Apple puree	Pear puree	Banana & pear puree	Apple & blueberry puree	Pear puree
Lunch	Lentils & vegetables puree	Organic beef mince and vegetables with celery, peas & carrots puree	Poached chicken, pumpkin & pea puree	Organic beef mince and vegetables with celery, peas & carrots puree	Vegetable risotto with peas, carrot & broccoli puree
Afternoon Tea	Pumpkin puree	Potato, broccoli & spinach puree	Carrot & pea puree	Pumpkin puree	Sweet potato puree



This menu provides a minimum of 50% of the recommended daily intake of all nutrients required for each day while in care. The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages.

# Chef for Kids Menu

9 to 12 months

All menu items are gluten free and dairy free

WEEK 1

## WEEKLY MENU SUMMARY

Our baby menu has been created following the Australian Infant Feeding Guidelines. They recommend, in addition to continuing breast milk or infant formula for the first 12 months, that a variety of solids be introduced from each of the Five Food Groups, with varied textures ranging from pureed, soft and mashed food. By 12 months of age, babies should be eating a wide variety of family foods.

ALL MEALS ARE CHUNKY PUREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Apple puree	Pear puree	Banana & pear puree	Apple & blueberry puree	Pear puree
Lunch	Lentils & vegetables puree	Organic beef mince and vegetables with celery, peas & carrots puree	Poached chicken, pumpkin & pea puree	Organic beef mince and vegetables with celery, peas & carrots puree	Vegetable risotto with peas, carrot & broccoli puree
Afternoon Tea	Pumpkin puree	Potato, broccoli & spinach puree	Carrot & pea puree	Pumpkin puree	Sweet potato puree



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