

Chef for Kids Menu

6 to 9 months

All menu items are gluten free and dairy free

WEEK 4

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	Pear & blueberry puree	Pear & Banana puree	Apple puree	Pear puree	Pear & blueberry puree
Lunch	Poached chicken with pumpkin and pea puree	Vegetable risotto with peas, carrot & broccoli Puree	Organic beef mince and vegetables with celery, peas & carrots puree	Lentil & vegetable puree	Organic chicken & vegetable stew with corn, pumpkin & pea puree
Afternoon Tea	Potato, broccoli & spinach puree	Sweet potato puree	Zucchini & sweet potato puree	Pumpkin puree	Corn & pea 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 4

WEEKLY MENU SUMMARY

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ALL MEALS ARE CHUNKY PUREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Pear & blueberry puree	Pear & Banana puree	Apple puree	Pear puree	Pear & blueberry puree
Lunch	Poached chicken with pumpkin and pea puree	Vegetable risotto with peas, carrot & broccoli Puree	Organic beef mince and vegetables with celery, peas & carrots puree	Lentil & vegetable puree	Organic chicken & vegetable stew with corn, pumpkin & pea puree
Afternoon Tea	Potato, broccoli & spinach puree	Sweet potato puree	Zucchini & sweet potato puree	Pumpkin puree	Corn & pea puree



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