

Suggested Menu's for Babies on Full Diet

As soon as they are sitting in a high chair I will give them finger food. So whatever I have cooked for their meal and puree they will have the food as finger food so they learn to develop their smell, texture and taste for foods. I do both puree and finger food, as I like to know they have sufficient food in their tummies.

Also its important for you to know that babies and toddlers do make a mess eating their food and this is an important developmental stage for them. A lot of fussy eaters are those that aren't allowed to make a mess.

I introduce meat; fish and chicken depending on the type of diet the parents eat.

Some parents like their children to eat more white meats, when others prefer more fish or more red meat.

Lentils and pulses are important and I have already at this stage started them on red lentils and chickpeas.

The following menus have been made to suit families that I have worked for and are only guidelines and are only Monday to Friday.

These meals can be eaten by the whole family as well just different texture i.e. puree, mash or whole for adults.

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Mediterranean Veggies and Chicken (can be made without chicken) Organic Baby & Toddler Book – pg. 42	Salmon with Lentils and Veggies Annabel Karmel – pg. 60	Bolognaise with pasta plus Peas Courgette and Butternut Squash Annabel Karmel – pg. 86	Poached Cod with Sweet Potato, plus Spinach & Peas Annabel Karmel – pg. 75	Tomato & Chicken Casserole Organic Baby and Toddler Cookbook – pg. 41
Dinner	Leek and Potato Puree Annabel Karmel – pg. 68	Corn, Beans, Potato and Broccoli	Sweet Potato, Leeks and Bok Choy	Butternut Squash, Parsnip and Cauliflower	Carrot, Swede and Savoy Cabbage Puree Yummy Baby – pg. 102

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Salmon with Tomatoes and Carrots with Basil Annabel Karmel – pg. 62	Sweet Vegetable Mix with Chicken (swap Carrot for Pumpkin) Annabel Karmel – pg. 66	Tasty Fish with Cheese Sauce with extra veggies (same as recipe on the side) Annabel Karmel – pg. 71	Chicken Courgette Gratin Annabel Karmel – pg. 68	Braised Beef plus Veggie Mix Annabel Karmel – pg. 82 Aust Baby & Toddler – pg. 45
Dinner	Sweet Potato Spinach Leeks and Peas Annabel Karmel – pg. 65	Carrot, Parsnip Chickpea Baby and Toddler – pg. 18	Sweet corn and Potato add Bok Choy and Swede Organic Baby and Toddler – pg. 55	Sweet Potato and Broccoli Puree plus Cauliflower	Lentil and Veggies Annabel Karmel – pg. 112

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Fingers of Sole plus Rice & Veggie Mix Annabel Karmel – pg. 115 plus Robin Baker – pg. 46	Celeriac and Red Cabbage plus Pork	Corn and Chicken Chowder Aust Baby and Toddler – pg. 85	Salmon with Carrots and Tomato plus Courgette and Peas Annabel Carmel – pg. 72	Mini Cottage Pie plus Spinach and Mushrooms Annabel Karmel – pg. 130
Dinner	Chinese Veggies	Sweet Potato and Spinach Mash Annabel Karmel – pg. 114	Jacket Potato and filling – Vegetable & Coconut Korma Organic Baby and Toddler – pg. 54	Trio of Cauliflower, Red Pepper and Sweet Corn Annabel Karmel – pg. 66	Potato, Beans and Brussel Sprouts