

# Your recommended menu plan



## Baby's menu planner

A mum's guide to feeding baby



A little smiler and tasting everything he can get his hands on.

### Growing Up Milestones

- May sit in high chair
- Begins to pick up and hold objects
- Puts everything in his mouth
- Turns his head towards sounds
- Can drink from sippy cup with help
- Exchanges smiles
- Starts babbling
- Begins to chew
- Starts to show food likes and dislikes

### Recipes

Visit [www.cerelac.co.uk](http://www.cerelac.co.uk) and find these Recipes and more.

Click on a menu item to view its recipe.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	50g <a href="#">Simple porridge</a>	200g <a href="#">Cerelac mixed fruits &amp; wheat with milk</a>	50g <a href="#">Simple porridge</a>	200g <a href="#">Cerelac mixed fruits &amp; wheat with milk</a>	50g <a href="#">Banana cream</a>	50g <a href="#">Fruit porridge</a>	200g <a href="#">Cerelac mixed fruits &amp; wheat with milk</a>
Snack	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk
Lunch	140g <a href="#">Pork and apple</a>  110g <a href="#">Banana purée</a> (optional)	150g <a href="#">Carrot and lentil dahl</a>  130g <a href="#">Pear purée</a> (optional)	150g <a href="#">Sweet potato and kidney bean purée</a>  130g <a href="#">Peach yoghurt</a> (optional)	150g <a href="#">Salmon &amp; Potato</a>  130g <a href="#">Peach purée</a> (optional)	150g <a href="#">Chicken casserole</a>  130g <a href="#">Peach yogurt</a> (optional)	150g <a href="#">Pea &amp; milk purée</a>  130g <a href="#">'No cook' Papaya purée</a> (optional)	150g <a href="#">Cauliflower purée</a>  130g <a href="#">Plum purée</a> (optional)
Snack	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk
Dinner	200g <a href="#">Cerelac 5 cereals with milk</a> or 130g <a href="#">'No cook' mango</a>	130g <a href="#">Cream of Pumpkin</a> or 130g <a href="#">Apricot purée</a>	230g <a href="#">CERELAC Mixed Vegetables &amp; Rice with minted vegetable puree</a> or 130g <a href="#">Plum purée</a>	130g <a href="#">Creamy plantain soup</a> or 130g <a href="#">Mango yoghurt</a>	130g <a href="#">Broccoli purée</a> or 130g <a href="#">Apple purée</a>	200g <a href="#">Cerelac 5 cereals with milk</a> or 130g <a href="#">Apple custard</a>	130g <a href="#">Corn chowder</a> or 110g <a href="#">Banana cream</a>
Bedtime	150ml Baby's usual milk	150ml Baby's usual milk	150ml Baby's usual milk	150ml Baby's usual milk	150ml Baby's usual milk	150ml Baby's usual milk	150ml Baby's usual milk

These menus were developed by a registered dietitian. The recommended foods and portion amounts provided are a guide – always listen to your baby's hunger and fullness cues and let her decide how much to eat. Use your baby's developmental cues to determine her readiness before introducing a new food. © Nestlé [www.cerelac.co.uk](http://www.cerelac.co.uk)  
Baby's usual milk can be expressed breast milk or follow-on formula made up as per instructions on pack. CERELAC® is a complementary food intended for spoon feeding from 6 months.

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	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast	50g <a href="#">Simple porridge</a>	50g <a href="#">Banana cream</a>	200g <a href="#">Cerelac mixed fruits &amp; wheat with milk</a>	50g <a href="#">Simple porridge</a>	50g <a href="#">Banana cream</a>	50g <a href="#">Fruit porridge</a>	200g <a href="#">Cerelac mixed fruits &amp; wheat with milk</a>
Snack	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk
Lunch	150g <a href="#">Chicken casserole</a>  130g <a href="#">'No cook' Papaya purée (optional)</a>	150g <a href="#">Broccoli purée</a>  130g <a href="#">Pear purée (optional)</a>	140g <a href="#">Pork and apple</a>  130g <a href="#">Plum purée (optional)</a>	230g <a href="#">CERELAC mixed vegetable &amp; Rice with minted vegetable puree</a>  130g <a href="#">Apricot purée (optional)</a>	150g <a href="#">Carrot and lentil dahl</a>  130g <a href="#">Strawberry and banana purée (optional)</a>	140g <a href="#">Pork and apple</a>  130g <a href="#">Apple custard (optional)</a>	150g <a href="#">Salmon &amp; potato</a>  130g <a href="#">Pear purée (optional)</a>
Snack	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk	200ml Baby's usual milk
Dinner	130g <a href="#">Mixed root vegetable purée</a>  or 130g <a href="#">mango yoghurt</a>	230g <a href="#">CERELAC mixed vegetable &amp; Rice with minted vegetable puree</a>  or 130g <a href="#">Apricot purée</a>	130g <a href="#">Spinach purée</a>  or 130g <a href="#">'No cook' mango</a>	130g <a href="#">Creamy plantain soup</a>  or 130g <a href="#">Apple custard</a>	130g <a href="#">Corn chowder</a>  or 280g <a href="#">Cerelac mixed fruits &amp; wheat with milk and apricot &amp; vanilla purée</a>	130g <a href="#">Cream of pumpkin</a>  or 130g <a href="#">Peach yogurt</a>	130g <a href="#">Aloo Chana</a>  or 130g <a href="#">Plum purée</a>
Bedtime	150ml Baby's usual milk	150ml Baby's usual milk	150ml Baby's usual milk	150ml Baby's usual milk	150ml Baby's usual milk	150ml Baby's usual milk	150ml Baby's usual milk

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# Your ingredient list



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- ☐ **Broccoli Purée**
  - 1 medium potato (approximately 180g)
  - 100g broccoli
  - 30ml (2tbsp) baby's usual milk
- ☐ **Peach Yoghurt**
  - 1 ripe peach (approximately 150g)
  - 60ml (4tbsp) Greek yoghurt
- ☐ **Pork and Apple**
  - 1 medium potato (approximately 180g)
  - 1 dessert apple (approximately 110g peeled and cored)
  - 50g pork fillet
  - 60ml (4tbsp) of baby's usual milk
- ☐ **Salmon and Potato**
  - 1 medium potato (approximately 180g)
  - 70g salmon fillet
  - 30ml (2tbsp) of baby's usual milk
- ☐ **Strawberry and Banana Purée**
  - 3 strawberries (approximately 50g)
  - 1 small banana (approximately 80g peeled weight)
- ☐ **Carrot and Lentil Dahl**
  - 1 large carrot (approximately 120g)
  - 50g red lentils
  - 60ml-75ml (4-5tbsp) of baby's usual milk
- ☐ **Fruit porridge**
  - 15ml (1 tbsp) baby rice or one of the following: maize, sago, cornmeal, millet powder
  - 45ml (3tbsp) baby's usual milk
  - 15-30ml (1-2 tbsp) mango, apple or pear purée
- ☐ **Aloo chana**
  - 1 medium potato (approximately 180g)
  - 1 small onion (approximately 60g)
  - 15ml (1 tbsp) rapeseed or olive oil
  - pinch of cinnamon
  - pinch of turmeric
  - 100g cooked chickpeas
  - 300ml vegetable stock (use an unsalted vegetable stock)
- ☐ **Cerelac® Mixed vegetable with milk and Minted Vegetable Purée**
  - 50g broccoli
  - 50g courgette
  - 3-4 mint leaves
  - 50g Nestlé Cerelac Mixed Vegetable & Rice with Milk
- ☐ **Cerelac® Mixed Fruits & Wheat with milk and apricot and vanilla purée**
  - 30-45ml (2-3 tbsp) apricot purée
  - a drop of vanilla essence
  - 50g Cerelac Mixed Fruits with Milk
- ☐ **Chicken Casserole**
  - 1 medium potato (approximately 180g)
  - 1 large carrot (approximately 140g)
  - 1 medium parsnip (approximately 60g)
  - 50g leek
  - 40g chicken breast meat
  - 300ml chicken stock (made using an unsalted chicken stock)

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| <p><input type="checkbox"/> <b>Sweet Potato and Kidney Bean Purée</b></p> <p>2 medium sweet potatoes<br/>(approximately 260g total weight)<br/>100g canned red kidney beans, drained<br/>45m-60ml (3-4tbsp) of baby's usual milk</p> <p><input type="checkbox"/> <b>Corn chowder</b></p> <p>1 medium sweet potato<br/>(approximately 140g)<br/>1 small onion (approx 60g)<br/>50g green pepper<br/>80g frozen sweetcorn kernels<br/>200ml vegetable stock (made using<br/>an unsalted vegetable stock)<br/>100ml of baby's usual milk</p> <p><input type="checkbox"/> <b>Creamy Plantain Soup</b></p> <p>1 plantain (approximately 200g peeled)<br/>1 small onion (approximately 60g)<br/>15ml (1tbsp) rapeseed and olive oil<br/>250ml stock (made using an unsalted<br/>vegetable stock )<br/>150ml of baby's usual milk</p> | <p><input type="checkbox"/> <b>Mixed Root Vegetable Purée</b></p> <p>1 medium sweet potato or yam<br/>(approximately 180g)<br/>1 large parsnip or carrot<br/>(approximately 120g)<br/>60ml (4tbsp) of baby's usual milk</p> <p><input type="checkbox"/> <b>Pea and Milk Purée</b></p> <p>250g fresh peas<br/>60ml (4tbsp) of baby's usual milk</p> <p><input type="checkbox"/> <b>Spinach Purée</b></p> <p>1 medium potato (approximately 180g)<br/>100g spinach<br/>30ml (2tbsp) baby's usual milk</p> <p><input type="checkbox"/> <b>Simple Porridge</b></p> <p>5ml-15ml (1tsp-1 tbsp) baby rice or one<br/>of the following alternatives, maize,<br/>sago, cornmeal, millet powder<br/>15-45ml (1-3tbsp) of baby's usual milk</p> | <p><input type="checkbox"/> <b>Banana Cream</b></p> <p>1 small banana (approximately 80g<br/>peeled weight)<br/>30ml (2tbsp) baby's usual milk</p> <p><input type="checkbox"/> <b>Pear Purée</b></p> <p>1 ripe pear (approximately 200g)</p> <p><input type="checkbox"/> <b>Apricot Purée</b></p> <p>3-4 apricots (approximately 200g)</p> <p><input type="checkbox"/> <b>Apple Purée</b></p> <p>2 dessert apples (approximately 220g)</p> |
|--|--|--|

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☐ **'No cook' supper (papaya)**

Half a papaya (paw paw)  
(approximately 140g)

☐ **'No cook' supper (mango)**

140g mango flesh

☐ **Plum Purée**

3-4 plums (approximately 200g)

☐ **Cream of Pumpkin**

250g pumpkin or butternut squash  
60ml (4tbsp) of baby's usual milk

☐ **Cauliflower Purée**

1 medium potato (approximately 80g)  
100g cauliflower  
30ml (2tbsp) baby's usual milk

☐ **Peach Purée**

1 ripe peach (approximately 200g)

☐ **Apple Custard**

2 medium dessert apples (approximately  
224g total weight)  
150g pot ready-to-eat custard

☐ **Mango Yoghurt**

150g ripe mango flesh  
60ml (4tbsp) Greek yoghurt

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## Helpful hints and tips for feeding your baby during this developmental stage

- You should be finding that baby is getting used to the idea that there are 3 regular meals in one day, and that baby increases the quantities consumed at each meal
- The texture of the food can begin to be modified from first semi-runny purees to thicker, coarser puree/mash by the end of month 7. You can adjust the texture by adding less water to the mix.
- Encourage savoury foods rather than sweet foods
- Continue to feed baby's usual milk on demand or aim to provide 500-600ml/day.

### IMPORTANT INFORMATION

The Department of Health recommends solid foods be introduced at around 6 months of age. Nestlé CERELAC is a complementary food intended for spoon feeding from 6 months and is NOT to be used as a breast milk substitute. Please follow the preparation instructions and be mindful not to overfeed your baby.

