

# Your recommended menu plan



## Baby's menu planner

A mum's guide to feeding baby

FROM  
**AROUND**  
**6** MONTHS

Growing so quickly  
and becoming more  
playful and alert  
every day.

### Growing Up Milestones

- Starts to be interested in food
- Begins to sit with support
- Recognises faces
- May push up from belly
- Plays with feet
- Starts to smile

### 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	160ml Baby's usual milk  20g <a href="#">Simple porridge</a> (optional)	160ml Baby's usual milk  100g <a href="#">Cerelac Baby rice with milk</a> (optional)	160ml Baby's usual milk  20g <a href="#">Simple porridge</a> (optional)	160ml Baby's usual milk  100g <a href="#">Cerelac Baby rice with milk</a> (optional)	160ml Baby's usual milk  20g <a href="#">Simple porridge</a> (optional)	160ml Baby's usual milk  20g <a href="#">Banana cream</a> (optional)	160ml Baby's usual milk  100g <a href="#">Cerelac mixed vegetables &amp; rice with milk</a> (optional)
Snack	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk
Lunch	30g <a href="#">Mixed root vegetable purée</a>	30g <a href="#">Carrot purée</a>	30g <a href="#">Vegetable casserole</a>	30g <a href="#">Pea &amp; milk purée</a>	30g 'No cook' <a href="#">Mashed avocado</a>	115g <a href="#">Cerelac Wheat with milk and creamed spinach</a>	30g <a href="#">Cream of pumpkin</a>
Snack	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk
Dinner	160ml Baby's usual milk  20g <a href="#">'No cook' mango purée</a> (optional)	160ml Baby's usual milk  20g <a href="#">Pear purée</a> (optional)	160ml Baby's usual milk  130g <a href="#">Cerelac Baby rice with milk and strawberry purée</a> (optional)	160ml Baby's usual milk  20g <a href="#">Banana cream</a> (optional)	160ml Baby's usual milk  20g <a href="#">Pear purée</a> (optional)	160ml Baby's usual milk  20g <a href="#">'No cook' Papaya purée</a> (optional)	160ml Baby's usual milk  20g <a href="#">Apple custard</a> (optional)
Bedtime	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml 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	160ml Baby's usual milk  20g <a href="#">Simple porridge</a>	160ml Baby's usual milk  20g <a href="#">Simple porridge</a>	160ml Baby's usual milk  100g <a href="#">Cerelac Baby rice with milk</a> (optional)	160ml Baby's usual milk  20g <a href="#">Simple porridge</a>	160ml Baby's usual milk  100g <a href="#">Cerelac mixed vegetables &amp; rice with milk</a> (optional)	160ml Baby's usual milk  20g <a href="#">Banana cream</a> (optional)	160ml Baby's usual milk  100g <a href="#">Cerelac wheat with milk</a> (optional)
Snack	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk
Lunch	100g <a href="#">Cerelac wheat with milk</a>	30g <a href="#">Carrot purée</a>	30g <a href="#">Cream of sweet potato</a>	30g <a href="#">Cream of butternut squash</a>	30g 'No cook' <a href="#">Mashed avocado</a>	30g <a href="#">Cream of yam</a>	30g <a href="#">Mixed root vegetable purée</a>
Snack	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk
Dinner	160ml Baby's usual milk  20g <a href="#">Apple purée</a> (optional)	160ml Baby's usual milk  20g <a href="#">Apple custard</a> (optional)	160ml Baby's usual milk  20g <a href="#">Plum purée</a> (optional)	160ml Baby's usual milk  20g <a href="#">Banana cream</a> (optional)	160ml Baby's usual milk  20g <a href="#">'No cook' Papaya purée</a> (optional)	160ml Baby's usual milk  20g <a href="#">Apple purée</a> (optional)	160ml Baby's usual milk  20g <a href="#">'No cook' mango purée</a> (optional)
Bedtime	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk	160ml Baby's usual milk

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# Your ingredient list



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- ☐ **Cream of Pumpkin**  
250g pumpkin or butternut squash  
60ml (4tbsp) of baby's usual milk

- ☐ **Pea and Milk Purée**  
250g fresh peas  
60ml (4tbsp) of baby's usual milk

- ☐ **Pear Purée**  
1 ripe pear  
(approximately 200g)

- ☐ **Mixed Root Vegetable Purée**  
1 medium sweet potato or yam  
(approximately 180g)  
1 large parsnip or carrot  
(approximately 120g)  
60ml (4tbsp) of baby's usual milk

- ☐ **'No Cook' Supper**  
half a papaya (paw paw) or very  
ripe mango or avocado  
(approximately 140g)

- ☐ **Simple porridge**  
5ml-15ml (1tsp-1 tbsp) baby rice or one  
of the following alternatives: maize,  
sago, cornmeal, millet powder  
15-45ml (1-3tbsp) of baby's usual milk

- ☐ **Vegetable Casserole**  
1 medium potato  
(approximately 180g)  
150g butternut squash (approximately  
100g prepared weight)  
60g courgette  
450ml vegetable stock  
(made using an unsalted vegetable stock)

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

- ☐ **Cerelac® Rice Baby with Milk  
and Strawberry Purée**  
15-30ml (1-2 tbsp) fruit purée, for example:  
strawberry, apple, prune, apricot, pear or  
peach  
25g Nestlé Cerelac® Rice with Milk

**Remember** - each of these recipes are available on-line at [www.cerelac.co.uk](http://www.cerelac.co.uk)  
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- |   |   |   |
|---|---|---|
| <input type="checkbox"/> <b>Cerelac® Wheat with Milk &amp; Creamed spinach</b><br>15ml (1 tbsp) frozen creamed spinach, defrosted<br>25g Nestlé Cerelac Wheat with Milk | <input type="checkbox"/> <b>Cream of Yam</b><br>250g yam<br>60ml (4tbsp) of baby's usual milk                   | <input type="checkbox"/> <b>Pear or Apple Purée</b><br>1 ripe pear (approximately 200g)<br>or 2 dessert apples (approximately 220g) |
| <input type="checkbox"/> <b>Banana Cream</b><br>1 small banana (approximately 80g peeled weight)<br>30ml (2 tbsp) baby's usual milk                                     | <input type="checkbox"/> <b>Cream of sweet potato</b><br>250g sweet potato<br>60ml (4tbsp) of baby's usual milk | <input type="checkbox"/> <b>'No cook' supper (mango)</b><br>140g ripe mango flesh   |
| <input type="checkbox"/> <b>'No cook' supper (mango)</b><br>140g mango flesh  | <input type="checkbox"/> <b>Carrot Purée</b><br>250g carrots<br>60ml (4tbsp) of baby's usual milk               | <input type="checkbox"/> <b>'No cook' supper (papaya)</b><br>half a papaya (pawpaw)<br>(approximately 140g)                         |
|   |   | <input type="checkbox"/> <b>'No cook' supper (avocado)</b><br>140g avocado flesh  |

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

- In the early weeks of weaning calories derived from food are minimal as an infant is still learning to eat.
- Try just one small meal per day of 1-2 teaspoons in addition to your baby's usual milk feeds for the first week and aim to increase to two small meals per day by the 2nd week and then to 3 meals per day by the end of the 3rd week of your baby starting on solid foods.
- Make up batches of purees in advance and freeze in ice cube trays so that you have plenty of meal prepared in advance. There will often be plenty left over for all stage 1 recipes to allow you to build up a supply of meals.
- The ice cube trays are perfect for small portions in the early weeks of weaning. Look out for the freezing instructions on the recipe where appropriate.
- Offer smooth runny purees or cereal feeds and don't expect your baby to eat too much in the early days, it is more important to introduce the idea of solid foods and moving gradually towards a diet that contains more and more solid foods, so take a relaxed approach at meal times.
- Keep up the milk feeds ensuring that you feed on demand or provide a minimum of 600ml formula per 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.

