

Your recommended menu plan



Baby's menu planner
A mum's guide to feeding baby

Click on a menu item to view its recipe.



A curious, confident explorer and getting stronger every day.

Growing Up Milestones

- Might start crawling
- Will pull himself up
- First teeth begin to appear
- May start to feed himself
- Knows his name
- Starts saying Da Da and Mama
- Shows you if happy or scared

Recipes

Visit www.cerelac.co.uk and find these Recipes and more.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	70g Fruit porridge	70g Rice pudding with Peach	200g Cerelac 5 cereals with milk	70g Banana cream	70g Peach yoghurt	200g Cerelac with mixed fruits with wheat & milk	70g Fruit porridge
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	225g Cream of tomato & basil soup 130g Pear purée (optional)	230g Cerelac 5 cereals with milk & houmous 130g Apple purée (optional)	220g Pork & Apple 130g Apricot purée (optional)	45g Well cooked carrot sticks (optional) 200g Cerelac banana & wheat with milk and chocolate	220g Mixed root vegetable purée 130g Plum purée (optional)	220g Carrot and lentil dahl 60g Fromage frais	200g Cerelac with mixed fruits & wheat with milk 45g Well cooked carrot sticks (optional)
Snack	200ml Baby's usual milk 45g Well cooked carrot sticks (optional)	200ml Baby's usual milk 20g unsweetened baby biscuits (optional)	200ml Baby's usual milk 45g baby cereal (optional)	200ml Baby's usual milk 60g Fromage frais (optional)	200ml Baby's usual milk 45g Baby cereal (optional)	200ml Baby's usual milk 45g Cooked apple pieces (optional)	200ml Baby's usual milk 20g Unsweetened baby biscuits (optional)
Dinner	130g Mini fish couscous 60g Fromage frais	130g Potato and leek gratin 130g Apple custard	130g Broccoli purée 60g Fromage frais	130g Pasta shapes and chicken 130g 2 fruit compote	130g Vegetable pilaf 125g summer pudding frozen yoghurt	130g Tuna, broccoli and potato mash pie 130g Apple custard	130g Cauliflower & spinach cheese 110g Banana cream
Bedtime	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml 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
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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FROM
8 MONTHS

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	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast	70g Rice pudding with Peach	70g Strawberry and banana purée	200g Cerelac mixed fruits & wheat with milk	70g 'No cook' Mango purée	70g Fruit porridge	70g Banana cream	200g Cerelac 5 cereals with milk
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	45g Well cooked carrot sticks (optional) Cerelac mixed fruits & wheat with milk and chocolate	200g Cerelac Mixed Vegetables & Rice with Milk 130g Plum purée (optional)	220g Chicken and apple 60g Fromage frais (optional)	225g Cream of tomato & basil soup 130g Pear purée (optional)	200g Cerelac 5 cereals with milk 130g Two fruit compote (optional)	220g Potato & leek gratin 60g Fromage frais (optional)	220g Cream of Pumpkin 45g Cooked peach pieces (optional)
Snack	200ml Baby's usual milk 20g Unsweetened baby biscuits (optional)	200ml Baby's usual milk 45g Cooked apple pieces (optional)	200ml Baby's usual milk 45g baby cereal (optional)	200ml Baby's usual milk 45g Well cooked carrot sticks (optional)	200ml Baby's usual milk 45g apple pieces	200ml Baby's usual milk 20g Unsweetened baby biscuits (optional)	200ml Baby's usual milk 45g baby rice (optional)
Dinner	130g Mini fish couscous 60g Fromage frais	130g Salmon & potato 125g Summer pudding frozen yoghurt	130g Cauliflower and spinach cheese 130g 2 fruit compote	130g Vegetable pilaf 60g Fromage frais	130g Creamy Chicken korma with parsnip 125g Summer pudding frozen yoghurt	130g Pasta shapes and chicken 130g Apple Custard	130g Tuna, broccoli and potato mash pie 130g 2 fruit compote
Bedtime	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk	100ml Baby's usual milk

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Your ingredient list



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Tuna, Broccoli and Potato Mash Pie

1 small potato (approximately 120g)
80g broccoli
20g tuna, in spring water

Summer Pudding Frozen Yoghurt

120g mixed frozen berries
15-30ml (1-2 tbsp) apple juice
100g carton strawberry yoghurt

Two Fruit Compote

150 g trimmed rhubarb
1 medium dessert apple
(approximately 112g)

Cerelac® 5 Cereals with milk and Hummus

50g Nestlé Cerelac 5 Cereals with milk
15-30ml (1-2tbsp) hummus

Cauliflower & Spinach Cheese

180g cauliflower
15g butter
15ml (1 tbsp) plain flour
150ml of baby's usual milk
25g frozen chopped spinach, defrosted
30g cheddar cheese

Vegetable Pilaff

1 small onion, finely chopped
(approximately 60g)
30g red pepper
50g dried apricots
15ml (1 tbsp) rapeseed or olive oil
5ml (1 tsp) mild curry powder
160g cooked basmati rice
50g frozen peas
75ml natural yoghurt (approximately ½ a small carton)

Cerelac® fruits & wheat with milk and chocolate

5ml (1 tsp) cocoa or chocolate powder
50g Nestlé Cerelac Mixed Fruits & Wheat with milk

Creamy Chicken Korma with Parsnip

1 small onion (approximately 60g)
40g chicken breast meat
1 large parsnip (approximately 85g)
15ml (1 tbsp) rapeseed or olive oil
5ml (1 tsp) mild curry powder or korma curry paste
200ml coconut milk
100g cooked basmati rice
(approximately 50g dry weight)
Chapatti or Naan (optional)

Pasta shapes and chicken

50g uncooked mini pasta shapes
35g frozen chopped spinach,
defrosted (optional)
20g cooked chicken
30ml (2 tbsp) crème fraîche

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Cream of Tomato and Basil Soup

1 small potato (approximately 120g)
2 small basil leaves
3 medium-sized ripe tomatoes (approximately 190g)
150ml of baby's usual milk

Pear Purée

1 ripe pear (approximately 200g)

Mini Fish Couscous

20g fillet of cod or haddock, skinned and boned
90g courgette
50g uncooked couscous
10ml (1dsp) rapeseed or olive oil
4 drops lemon juice

Rice Pudding with Peach

1 ripe pear (approximately 110g, stone removed)
30g uncooked risotto rice
60 ml (4tbsp) of baby's usual milk

Apple Purée

2 dessert apples (approximately 220g)

Potato and Leek Gratin

1 medium potato (approximately 180g)
5g butter
20g leek
30ml (2tbsp) of baby's usual milk
5g golden breadcrumbs

Apple Custard

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

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

Apricot Purée

3-4 apricots (approximately 200g)

Broccoli Purée

1 medium potato (approximately 180g)
100g broccoli
30ml (2tbsp) baby's usual milk

Salmon and Potato

1 medium potato (approximately 180g)
70g salmon fillet
30ml (2tbsp) of baby's usual milk

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Banana Cream
1 small banana (approximately 80g peeled weight)
30ml (2tbsp) baby's usual milk

Peach Yoghurt
1 ripe peach (approximately 150g)
60ml (4tbsp) Greek yoghurt

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

Plum Purée
3-4 plums (approximately 200g)

Carrot and Lentil Dahl
1 large carrot (approximately 120g)
50g red lentils
60ml-75ml (4-5tbsp) of baby's usual milk

Strawberry and Banana Purée
3 strawberries (approximately 50g)
1 small banana (approximately 80g peeled weight)

Chicken and Apple
1 medium potato (approximately 180g)
1 dessert apple (approximately 110g peeled and cored)
50g chicken fillet
60ml (4tbsp) of baby's usual milk

Cream of Pumpkin
250g pumpkin or butternut squash
60ml (4tbsp) 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

'No cook' Mango Purée
140g Mango flesh

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

- By this stage, your baby may want to start feeding themselves. Try using 2 spoons at meal times, one for them and one for you. You may need plenty of patience at this stage and a plastic mat under your baby's high chair.
- Even though your baby may be starting to feed themselves, NEVER leave your child unattended whilst eating as it is easy for a baby to choke on very small pieces of food.
- Add in simple and nutritious desserts to the meal, fruit purée or fromage frais. The fruit purée can be more of a chunky texture rather than a smooth consistency at this stage.
- In addition, cooked chunks of fruit and vegetables such as apple or carrot will introduce the idea of finger foods to your child.
- Discourage frequent snacking on high fat, salty or sugary foods e.g. chocolate.
- Try to avoid giving a milk feed just before meal times as this may take the edge off your baby's appetite, although children should still be drinking 500-600ml/day of their usual milk, as it is an important source of calcium and protein.

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.

