

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 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 and find these Recipes and more.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	50g Simple porridge	200g Cerelac mixed fruits & wheat with milk	50g Simple porridge	200g Cerelac mixed fruits & wheat with milk	50g Banana cream	50g Fruit porridge	200g Cerelac mixed fruits & wheat 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	140g Pork and apple 110g Banana purée (optional)	150g Carrot and lentil dahl 130g Pear purée (optional)	150g Sweet potato and kidney bean purée 130g Peach yoghurt (optional)	150g Salmon & Potato 130g Peach purée (optional)	150g Chicken casserole 130g Peach yogurt (optional)	150g Pea & milk purée 130g 'No cook' Papaya purée (optional)	150g Cauliflower purée 130g Plum purée (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 Cerelac 5 cereals with milk or 130g 'No cook' mango	130g Cream of Pumpkin or 130g Apricot purée	230g CERELAC Mixed Vegetables & Rice with minted vegetable puree or 130g Plum purée	130g Creamy plantain soup or 130g Mango yoghurt	130g Broccoli purée or 130g Apple purée	200g Cerelac 5 cereals with milk or 130g Apple custard	130g Corn chowder or 110g Banana cream
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
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 Simple porridge	50g Banana cream	200g Cerelac mixed fruits & wheat with milk	50g Simple porridge	50g Banana cream	50g Fruit porridge	200g Cerelac mixed fruits & wheat 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	150g Chicken casserole 130g 'No cook' Papaya purée (optional)	150g Broccoli purée 130g Pear purée (optional)	140g Pork and apple 130g Plum purée (optional)	230g CERELAC mixed vegetable & Rice with minted vegetable puree 130g Apricot purée (optional)	150g Carrot and lentil dahl 130g Strawberry and banana purée (optional)	140g Pork and apple 130g Apple custard (optional)	150g Salmon & potato 130g Pear purée (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	130g Mixed root vegetable purée or 130g mango yoghurt	230g CERELAC mixed vegetable & Rice with minted vegetable puree or 130g Apricot purée	130g Spinach purée or 130g 'No cook' mango	130g Creamy plantain soup or 130g Apple custard	130g Corn chowder or 280g Cerelac mixed fruits & wheat with milk and apricot & vanilla purée	130g Cream of pumpkin or 130g Peach yogurt	130g Aloo Chana or 130g Plum purée
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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To search our recipes, visit our **Recipe** section.

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- Sweet Potato and Kidney Bean Purée**

2 medium sweet potatoes (approximately 260g total weight)
100g canned red kidney beans, drained
45m-60ml (3-4tbsp) of baby's usual milk
- Corn chowder**

1 medium sweet potato (approximately 140g)
1 small onion (approx 60g)
50g green pepper
80g frozen sweetcorn kernels
200ml vegetable stock (made using an unsalted vegetable stock)
100ml of baby's usual milk
- Creamy Plantain Soup**

1 plantain (approximately 200g peeled)
1 small onion (approximately 60g)
15ml (1tbsp) rapeseed and olive oil
250ml stock (made using an unsalted vegetable stock)
150ml of baby's usual milk
- 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
- Pea and Milk Purée**

250g fresh peas
60ml (4tbsp) of baby's usual milk
- Spinach Purée**

1 medium potato (approximately 180g)
100g spinach
30ml (2tbsp) baby's usual milk
- 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
- Banana Cream**

1 small banana (approximately 80g peeled weight)
30ml (2tbsp) baby's usual milk
- Pear Purée**

1 ripe pear (approximately 200g)
- Apricot Purée**

3-4 apricots (approximately 200g)
- Apple Purée**

2 dessert apples (approximately 220g)

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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.

