

Your recommended menu plan



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

Click on a menu item to view its recipe.

FROM
12
MONTHS

Like a dynamo, lively and funny from dawn until dusk.

Growing Up Milestones

- Might start running
- Could try to climb stairs
- Holds cup
- Can bite all sorts of food
- Starts saying 'no'
- Might be a little shy
- Points to show you things
- Stands alone
- Begins to walk alone
- Laughs at funny things

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	80g Fruit porridge	200g Cerelac honey & wheat with milk	65g French toast fingers	70g Peach yoghurt 40g Toast and butter	200g Cerelac Mixed Fruits & Wheat with Milk	120g Scrambled egg and toast fingers	80g 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	240g Finger foods/avocado dip 50g Raisins and dried apricot	225g Cream of Tomato & Basil soup 40g Toast fingers & butter 60g Fromage frais	200g Cerelac mixed vegetables & rice with milk* 130g 2 fruit compote	220g Mini fish couscous 45g Apple pieces	215g Pasta shapes and chicken 80g Grapes	220g Cauliflower & spinach cheese 60g Fromage frais	240g Finger foods/avocado dip 200g Cerelac Honey & wheat with milk
Snack	100ml Baby's usual milk 10g Rice cakes	100ml Baby's usual milk 45g Apple pieces	100ml Baby's usual milk 40g Toast fingers & butter	100ml Baby's usual milk 80g Carrot & cucumber sticks	100ml Baby's usual milk 50g Raisins & chopped dried apricot	100ml Baby's usual milk 20g unsweetened baby biscuits (optional)	100ml Baby's usual milk 1 small banana (approx. 80g)
Dinner	240g Mild vegetable curry 130g Peach yoghurt	220g Creamy Fish stew 130g Apple purée	230g Turkey & carrot risotto 80g Grapes	220g Potato & leek gratin 200g Cerelac Honey & wheat with milk	220g Ratatouille with pasta 130g 2 fruit compote	220g Chicken korma 125g Summer pudding frozen yogurt	220g Tuna, broccoli & potato mash pie 130g Apple custard
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 a toddler milk 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	65g French toast	200g Cerelac honey & wheat with milk	80g Fruit porridge	120g Scrambled egg and toast fingers	200g Cerelac mixed fruits & wheat with milk	70g Peach yoghurt	40g Cheesy muffins 80g Papaya chunks
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 40g Toast fingers & butter 60g Fromage frais	220g Cauliflower & spinach cheese 130g 2 fruit compote	240g Finger foods and avocado dip 50g Raisins & dried apricots	220g Creamy plantain soup 60g Fromage frais	220g Tuna broccoli and potato 1 small banana (approx. 80g)	220g Potato & leek gratin 130g 2 fruit compote	200g Cerelac mixed vegetables and rice with milk 45g Apple pieces
Snack	100ml Baby's usual milk 45g Apple pieces	100ml Baby's usual milk 1 small banana (approx. 80g)	100ml Baby's usual milk 80g Carrot & cucumber sticks	100ml Baby's usual milk 80g Mango chunks	100ml Baby's usual milk 80g Papaya chunks	100ml Baby's usual milk 80g Carrot & cucumber sticks	100ml Baby's usual milk 80g Carrot & cucumber sticks
Dinner	230g Turkey & carrot risotto 130g Pear purée	220g Aloo Chana 125g Summer pudding frozen yoghurt	240g Chicken fajita 130g Apple purée	220g Sweet and sour pork noodles 130g 2 fruit compote	240g Vegetable pilaff 130g Milk and Honey semolina	220g Creamy fish stew 200g Cerelac honey & wheat with milk with summer berries	220g Chicken korma 60g Fromage frais
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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Milk and Honey Semolina

250ml whole milk
20g fine wheat semolina
5ml (1 tsp) honey

Ratatouille with pasta

70g courgette
35g slice aubergine
35g chunk red pepper, skinned and de-seeded
30g tomato
30ml (2 tbsp) tomato ketchup or passata
30g small star-shaped or alphabet-type pasta
1 tsp olive oil

French Toast Fingers

1 slice of wholemeal bread
1 medium egg
30ml (2 tbsp) of whole milk
a little olive oil

Turkey and Carrot Risotto

1 carrot (approximately 60g)
20g turkey escalope
30g finely chopped onion
1tsp of rapeseed or olive oil
40g uncooked risotto rice
1tsp crème fraîche

Creamy Fish Stew

200g butternut squash (approximately 140g prepared weight)
50g onion or spring onion
100g white fish such as cod, haddock or hake
1 small tomato (approximately 30g)
10ml (2 tsp) rapeseed or olive oil
pinch nutmeg
15ml (1 tbsp) plain flour
200ml of whole milk or coconut milk

Finger Food and Avocado dip

1 small ripe avocado (approximately 150g)
30ml (2 tbsp) cream cheese
carrot sticks
celery sticks
strips of pepper
cucumber sticks
(total weight of vegetables approximately 80g)

Mild vegetable curry

1 small potato, sweet potato or plantain (approximately 180g)
30g onion
90g cauliflower florets
10ml (2 tsp) rapeseed or olive oil
5ml (1 tsp) mild curry powder
15ml (1 tbsp) plain flour
50g cooked chick peas
200ml of whole milk or coconut milk
25g spinach leaves

Remember - each of these recipes are available on-line at www.cerelac.co.uk
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Cerelac® Honey with Summer Berries

8-10 blueberries and/or
3-4 strawberries
50g Nestlé Cerelac Honey & Wheat
with Milk

Cheesy muffins

1 muffin
20g grated cheddar cheese

Chicken Fajita

1 small tomato (approximately 65g)
half a small avocado (approximately 75g)
30g onion
40g sweetcorn
squeeze of lemon juice
1 small onion (approximately 60g)
60g red pepper
100g chicken breast meat
15ml (1tbsp) rapeseed or olive oil
2 flour tortillas

Scrambled egg and toast fingers

1 medium egg
30ml (2tbsp) of whole milk
15g butter
1 slice wholemeal toast

Sweet & sour pork noodles

4 spring onions (approximately 40g)
100g carrot
100g lean pork fillet
50g tinned pineapple, in natural juice,
juice reserved
10ml (2tsp) rapeseed or olive oil
5ml (1tsp) cornflour
15ml (1tbsp) brown sugar
15ml (1tbsp) tomato puree
100g cooked egg noodles
(50g dry weight)

Peach Yoghurt

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

Vegetable Pilaff

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

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

Pear or Apple Pureé

1 ripe pear (approximately 200g) or
2 dessert apples (approximately 220g)

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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

Two Fruit Compote

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

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

Potato and Leek Gratin

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

Pasta Shapes and Chicken

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

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

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

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)
1 Chapatti or Naan (optional)

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Summer Pudding Frozen Yoghurt

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

Tuna, Broccoli and Potato Mash Pie

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

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)

Apple custard

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

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.

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

- As your child grows, adapt adult meals (e.g. reduce the salt content) or use our recipes and adapt the portions to serve the whole family (to simplify meal times for parents).
- Try to increasingly enjoy meal times together.
- Allow your child to exercise their independence by using a knife and fork and be prepared for messy meal times for a while!
- Move to cows' milk from 12 months (or a toddler milk) but use full fat, approx 400 ml/day.
- Be sure to introduce a wide variety of fruits and vegetables as snacks in between meals at this stage, your child has high energy requirements, but has a small tummy and may not receive all they require at meal times.
- When serving fruit desserts, mash rather than puree at this stage for a chunky texture.
- Your toddler should be well settled into a 3 small meals and 1-2 snacks per day routine.

