WEEK 1 - PUREE MENU G F 6 months to 12 months

www.kidsgourmetfood.com.au

Monday

Apple & Apricot Puree with Iron Fortified **Rice Cereal**



Chicken, Red Lentils & Carrot Mashed

Broccoli, Cauliflower & Potato Puree

Mango & Ricotta Risotto Pureed

Tuesday

Apple & Pear **Porridge Puree**



Veal, Potato, Tomato & Cheese Mashed

Pumpkin & **Sweet Potato Puree**



Apple, Orange, Pear & Prune Puree with Iron **Fortified Rice Cereal**

Wednesday

Peach Rice Pudding with Cinnamon Puree

Pasta, Zucchini, **Broccoli, White Beans** & Green Peas Mashed

> Carrot & Corn Puree



Apple & Pear Puree with Iron Fortified Rice Cereal

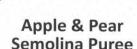
Thursday

Apple, Blueberry & Pear Puree with Iron **Fortified Rice Cereal**



Chicken, Corn. Cauliflower, Pearl Barley & Rice Mashed

> **Pumpkin** Puree



Friday

Tapioca & Pear Puree

Beef & Roast Vegetable Stew with Cous Cous Mashed

Zucchini & Potato Puree



Mango & Pear Puree with Iron Fortified Rice Cereal