



WEEK 1 - PUREE MENU

6 months to 12 months

www.kidsgourmetfood.com.au

Morning

Lunch

Afternoon

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

Apple & Pear
Semolina Puree

Friday

Tapioca & Pear
Puree

Beef & Roast
Vegetable Stew with
Cous Cous Mashed

Zucchini & Potato
Puree



Mango & Pear Puree
with Iron Fortified Rice
Cereal

