

# MONTHLY OPTION 1 (4-6 months)

5 X Butternut, sweet potato, squash, pumpkin

1 X Banana, peanut butter, mango, oats

1 X Blackberry, apple, prune and bulgar wheat

1 X Barley, pumpkin, pear and peanut butter

1 X Apple

1 X Pear and date

1 X Apple, apricot, pear with cinnamon

1 X Blueberry, peach and apple

2 X Oats, apricot, pear and prune

1 X Pea, potato and courgette

2 X Corn and sweet potato

2 X Lentil, pumpkin and carrot

2 X Mixed vegetable risotto with fresh parsley

2 X Broccoli, sweet potato and spinach

1 X Egg and veggie cous cous

1 X Chicken, butternut and leek

1 X Beef mince with tomato and basil

1 X Beef, potato, carrot and courgette

1 X Chicken Bolognese with rice stars

1 X Chicken liver, vegetables and apple

1 X Chicken, sweetcorn and rice