

Blend, chop or mash your baby's portions as appropriate. If you're exclusively breastfeeding, you may need to increase your snack portions. If you're not breastfeeding, you can reduce or skip the snacks.

In your baby's first week on solids, he can have one meal a day as well as his usual milk.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	You <ul style="list-style-type: none"> Porridge made with whole milk flavoured with a pinch of cinnamon Glass of apple juice 	You <ul style="list-style-type: none"> Yoghurt drink Satsuma 	You <ul style="list-style-type: none"> Tuna pasta salad Banana Baby <ul style="list-style-type: none"> Banana puree 	You <ul style="list-style-type: none"> Small fruit or cheese scone 	You <ul style="list-style-type: none"> Grilled pork fillet, mashed potato and mange tout
Tuesday	You <ul style="list-style-type: none"> Pot of plain fromgae frais with chopped fresh fruit on Scotch pancakes Skinny latte 	You <ul style="list-style-type: none"> Slice of fruited malt loaf 	You <ul style="list-style-type: none"> Baked potato and baked beans Orange Baby <ul style="list-style-type: none"> Potato from your baked potato, mashed with baby's usual milk 	You <ul style="list-style-type: none"> Handful of dried apricots 	You <ul style="list-style-type: none"> Chicken and mushroom risotto
Wednesday	You <ul style="list-style-type: none"> Wholegrain cereal with semi-skimmed milk & sliced banana Glass of apple or fruit juice 	You <ul style="list-style-type: none"> Sultana scotch pancake 	You <ul style="list-style-type: none"> Carrot and parsnip soup with a roll Apple Baby <ul style="list-style-type: none"> Carrot and parsnip puree (using vegetables from your soup) 	You <ul style="list-style-type: none"> Carrot sticks and hummus dip 	You <ul style="list-style-type: none"> Spaghetti carbonara
Thursday	You <ul style="list-style-type: none"> Porridge made with whole milk flavoured with tbsp of tinned berries in juice Green or herbal tea 	You <ul style="list-style-type: none"> Pot of low-fat yoghurt 	You <ul style="list-style-type: none"> Feta salad couscous Papaya Baby <ul style="list-style-type: none"> Papaya puree 	You <ul style="list-style-type: none"> Slice of banana bread 	You <ul style="list-style-type: none"> Cottage pie with wilted spinach (save some of the mashed potato topping and spinach for the next day)
Friday	You <ul style="list-style-type: none"> Wholegrain toast spread with peanut butter Yoghurt drink 	You <ul style="list-style-type: none"> Rice pot 	You <ul style="list-style-type: none"> Hummus wrap with grated carrot and red papper strips Slice of melon Baby <ul style="list-style-type: none"> Potato and spinach puree 	You <ul style="list-style-type: none"> Breadsticks with soft cheese dip 	You <ul style="list-style-type: none"> Tuna pasta bake
Saturday	You <ul style="list-style-type: none"> Pot of Greek yoghurt mixed with tbsp sultanas and tbsp muesli Glass of fruit juice 	You <ul style="list-style-type: none"> Toasted crumpet with peanut butter 	You <ul style="list-style-type: none"> Chicken and avocado salad Kiwi fruit Baby <ul style="list-style-type: none"> Apple and pear puree (make a big quantity and use in the crumble the next day) 	You <ul style="list-style-type: none"> 2 fig rolls 	You <ul style="list-style-type: none"> Fish pie with peas
Sunday	You <ul style="list-style-type: none"> Scrambled eggs on toasted bagel Yoghurt drink 	You <ul style="list-style-type: none"> Banana 	You <ul style="list-style-type: none"> Roast lamb with roast potatoes, broccoli and cauliflower. Apple and pear crumble Baby <ul style="list-style-type: none"> Broccoli and cauliflower puree 	You <ul style="list-style-type: none"> 1-2 handfuls of mixed nuts and dried fruit 	You <ul style="list-style-type: none"> Lentil and butternut squash soup

See a full set of recipes for [week one](#)