

	Breakfast	Mid-morning snack	Lunch	Mid afternoon snack	Tea time	Bedtime
Day 1	Breast milk / Formula Baby rice cereal made with breastmilk / formula	1 Rice cake Beaker of Breast milk / Formula	C&G Baby Balance Scrummy Spaghetti Bolognese Frutapura Banana, Peach & Strawberry Beaker of cooled boiled water	Beaker of breast milk / Formula 2/3 toast fingers with an avocado dip	Half an egg scrambled on toast A little pot of fromage frais Beaker of pure baby juice	Breast milk / Formula
Day 2	Breast milk / Formula C&G Baby Balance Creamed Oat Porridge	1 Oat based teething biscuit Beaker of Breast milk / Formula (100mls)	Sweet potato, carrot, broccoli & codfish Fruit Yogurt Beaker of pure baby juice	Beaker of breast milk / Formula 2/3 pita bread fingers with hummus	C&G Baby Balance Succulent pork casserole Little pieces of mandarin Beaker of cooled boiled water	Breast milk / Formula
Day 3	Breast milk / Formula Baby puffed wheat based cereal made with breastmilk / formula	Half a fruit scone with a little butter Beaker of Breast milk / Formula	C&G Baby Balance Yummy harvest chicken C&G Baby Balance Plum & apricot compote Beaker of cooled boiled water	Beaker of breast milk / Formula 2 or 3 white toast fingers, topped with mashed banana	Leek, courgette & potato puree C&G Baby Balance Apple & Banana Swirl Beaker of cooled boiled water	Breast milk / Formula
Day 4	Breast milk / Formula Baby corn based cereal made with breastmilk / formula	1 Oat based teething biscuit (20g) Beaker of Breast milk / Formula (100mls)	Lamb, apple & sweet potato mash C&G Baby Balance Rice pudding Beaker of pure baby juice	Beaker of breast milk / Formula 2/3 pita bread fingers with hummus	C&G Baby Balance Veg & chicken noodle doodle Little pieces of mango Beaker of cooled boiled water	Breast milk / Formula
Day 5	Breast milk / Formula (100mls) Baby rice cereal made with breastmilk / formula	2 or 3 white toast fingers, topped with mashed banana Beaker of Breast milk / Formula	C&G Baby Balance Baby bean feast C&G Baby Balance Compote of Pear, Grape, Plum & Apricot Beaker of cooled boiled water	Beaker of breast milk / Formula 1 Oat based teething biscuit	Beans on toast Yoghurt with stewed apple Beaker of cooled boiled water	Breast milk / Formula

These sample menus have been designed by our specialised baby nutritionists. The amounts provided are just a guideline. As always, the best thing to do is to read your baby's cues. He'll you know when he is full, usually by closing his mouth shut and turning his head away.