You and baby menu plan | From six months: week 9

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 ninth week on solids, he can have three meals a day as well as his usual milk.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	**You & Baby** • Porridge made with whole milk flavoured with a pinch of cinnamon **You** • Apple juice	**You** • Toasted crumpet with peanut butter	**You & Baby** • Baked potato with cheesy baked beans • Satsuma	**You** • Smoothie	**You & Baby** • Fish pie with peas and sweetcorn
Tuesday	**You & Baby** • Pot of plain fromage frais mixed with mashed mango or peach served on scotch pancakes **You** • Skinny latte	**You** • Toasted muffin with a slice of edam	**You & Baby** • Eggy bread • Sliced mango	**You** • Slice of banana bread	**You & Baby** • Beef stew
Wednesday	**You & Baby** • Wholegrain cereal with whole milk and mashed banana **You** • Apple juice	**You** • Pot of yoghurt	**You & Baby** • Baby ratatouille with couscous and chunks of edam cheese • Ripe melon	**You** • 2 rye crackers with sardine paste	**You & Baby** • Grilled haddock with sweet potato and cheese mash and peas
Thursday	**You & Baby** • Porridge made with whole milk flavoured with a tbsp tinned berries in fruit juice **You** • Herbal tea	**You** • Slice of fruited malt loaf	**You & Baby** • Wrap with sardine and avocado spread • Ripe melon	**You** • 2-3 mini falafels	**You & Baby** • Savoury chicken casserole with broccoli
Friday	**You & Baby** • White wholegrain toast spread with smooth peanut butter **You** • Yoghurt drink	**You** • 1-2 handfuls of mixed nuts and dried fruit	**You & Baby** • Toasted ham and cheese sandwich • Ripe pear	**You** • Slice of cake	**You** • Cauliflower pasta cheese with green beans
Saturday	**You & Baby** • Pot of Greek yoghurt mixed with a tbsp muesli (remove any whole nuts, make night before and keep in fridge to soften) **You** • Mixed fruit juice	**You** • Rice pot	**You & Baby** • Baby cheese colcannon • Chopped grapes	**You** • Breadsticks with soft cheese	**You & Baby** • Pork chops with sweet potato wedges and mange tout
Sunday	**You & Baby** • Scrambled eggs on toasted bagel **You** • Yoghurt drink	**You** • Banana	**You & Baby** • Roast lamb with roast potatoes, carrots and peas • Lemony rice pudding	**You** • Carrot sticks with hummus	**You & Baby** • Cod and sweetcorn chowder

See a full set of recipes for week nine