

# A WEEK OF BABY FOOD

**9-12**  
MONTHS

**MON**

## BREAKFAST

- EGGS
- RASPBERRIES
- YOGURT

## LUNCH

- CEREAL
- CARROTS
- AVOCADOS

## DINNER

- CEREAL
- BROCCOLI
- PEARS

**TUE**

## BREAKFAST

- PEARS
- CEREAL

## LUNCH

- CHEESE
- CHICKEN
- PUMPKIN

## DINNER

- BABY SWEET CORN
- CEREAL
- ZUCCHINI

**WED**

## BREAKFAST

- CHEESE
- BANANA
- CEREAL

## LUNCH

- TOMATOES
- CARROTS
- PASTA

## DINNER

- PEAS
- AVOCADOS
- BLACK BEANS

**THU**

## BREAKFAST

- EGG
- RASPBERRIES
- AVOCADOS

## LUNCH

- BLACK BEANS
- CEREAL

## DINNER

- CEREAL
- PUMPKIN

**FRI**

## BREAKFAST

- PEAS
- PEARS
- CEREAL

## LUNCH

- CHICKEN
- BUTTERNUT SQUASH

## DINNER

- CEREAL
- BROCCOLI

**SAT**

## BREAKFAST

- EGG
- BANANA

## LUNCH

- ZUCCHINI
- CEREAL
- CARROTS

## DINNER

- PASTA
- TOMATOES
- PEAS

**SUN**

## BREAKFAST

- PEARS
- CEREAL

## LUNCH

- BLACK BEANS
- BABY SWEET CORN
- CEREAL

## DINNER

- BUTTERNUT SQUASH
- CHICKEN