

## Introducing food to babies menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Fruit	Steamed pepper sticks	Pureed apple and plain <b>yoghurt</b>	Apple and pear mash	<b>Rice cakes</b>
High tea	Steamed cauliflower and baby <b>rice</b>	Smashed avocado and banana	Steamed carrot and <b>rusk</b>	Scrambled egg and <b>toast</b> soldiers	Steamed carrot and butternut squash

### Week 2

The following allergens are highlighted:

**Cereals containing gluten, Milk**