



# WEEK 1 - PUREE MENU

6 months to 12 months (1)

[www.kidsgourmetfood.com.au](http://www.kidsgourmetfood.com.au)

Monday

Tuesday

Wednesday

Thursday

Friday

Apple & Apricot Puree  
with Iron Fortified Rice  
Cereal



Chicken, Red Lentils &  
Carrot Mashed

Broccoli, Cauliflower &  
Potato Puree

Mango & Ricotta  
Risotto Pureed

Apple & Pear  
Porridge Puree



Veal, Potato, Tomato &  
Cheese Mashed

Pumpkin & Sweet  
Potato Puree

Apple, Orange, Pear &  
Prune Puree with Iron  
Fortified Rice Cereal

Peach Rice Pudding  
with Cinnamon Puree

Pasta, Zucchini, Broccoli,  
White Beans & Green  
Peas Mashed

Carrot & Corn Puree

Apple & Pear Puree  
with Iron Fortified  
Rice Cereal

Apple, Blueberry & Pear  
Puree with Iron Fortified  
Rice Cereal



Chicken, Corn,  
Cauliflower, Pearl Barley  
& Rice Mashed

Pumpkin  
Puree

Apple & Pear  
Semolina Puree

Tapioca & Pear  
Puree

Beef & Roast  
Vegetable Stew with  
Cous Cous Mashed

Zucchini & Potato  
Puree

Mango & Pear Puree  
with Iron Fortified  
Rice Cereal



Morning

Lunch

Afternoon





# WEEK 2 - PUREE MENU

6 months to 12 months (1)

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Monday

Apple & Apricot  
Porridge Puree



Beef, Pearl Barley &  
Vegetable Casserole  
Mashed

Cauliflower  
& Corn Puree



Apple Puree with Iron  
Fortified Rice Cereal

Tuesday

Peach Semolina  
with Milk Puree

White Beans, Oats,  
Pumpkin & Carrot  
Mashed

Cauliflower, Zucchini  
& Potato Puree

Apple, Apricot & Prune  
Puree with Iron Fortified  
Rice Cereal

Wednesday

Pear Puree with Iron  
Fortified Rice Cereal

Chicken, Potato, Corn  
& White Beans  
Mashed

Carrot  
Puree

Tapioca, Apple &  
Rhubarb Puree

Thursday

Apple Semolina  
Puree

Beef, Brown Rice,  
Pumpkin & Potato  
Mashed

Broccoli, Green Peas  
& Zucchini Puree

Apple, Peach & Pear  
Puree with Iron Fortified  
Rice Cereal

Friday

Apple, Apricot Pear &  
Prune Puree with Iron  
Fortified Rice Cereal

Chicken, Ricotta, Pasta  
& Corn Mashed

Pumpkin & Sweet  
Potato Puree

Apple & Pear  
Puree



Morning

Lunch

Afternoon





# WEEK 3 - PUREE MENU

6 months to 12 months (1)

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Monday

Pear Semolina  
Puree

Chicken, Red Lentil,  
Sweet Potato & Rice  
Mashed

Carrot &  
Pumpkin Puree



Apple & Rhubarb  
Puree with Iron  
Fortified Rice Cereal

Tuesday

Apple, Apricot & Pear  
Puree with Iron  
Fortified Rice Cereal



Beef Bolognese Sauce  
with Pasta & Carrots  
Mashed

Pumpkin  
Puree

Apple, Peach  
& Prune Puree

Wednesday

Apricot Porridge Puree  
with Milk

Chicken, Sweet Potato  
& White Beans  
Mashed

Carrot, Cauliflower  
& Potato Puree



Apple Puree with Iron  
Fortified Rice Cereal

Thursday

Peach, Pear &  
Tapioca Puree



Pasta, Pumpkin &  
Cheese Mashed

Sweet Potato &  
Green Pea Puree

Apple, Pear & Prune  
Puree with Iron Fortified  
Rice Cereal

Friday

Pear Puree with Iron  
Fortified Rice Cereal



Beef, Red Lentil, Potato,  
Carrot Mashed

Cauliflower,  
Sweet Potato &  
Pumpkin Puree

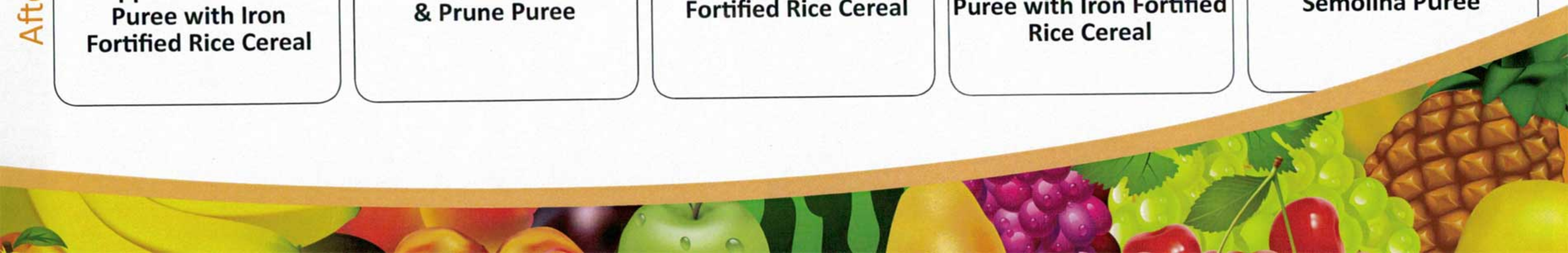
Apple & Peach  
Semolina Puree



Morning

Lunch

Afternoon







# WEEK 4 - PUREE MENU

6 months to 12 months (1)

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Monday

Tuesday

Wednesday

Thursday

Friday

Apple & Apricot  
Puree with Iron  
Fortified Rice Cereal

Apple & Pear  
Porridge Puree

Peach Rice Pudding  
with Cinnamon Puree

Apple, Blueberry &  
Pear Puree with Iron  
Fortified Rice Cereal

Tapioca & Pear  
Puree

Chicken, Red Lentils  
& Carrot Mashed

Veal, Potato, Tomato  
& Cheese Mashed

Pasta, Zucchini, Broccoli,  
White Beans &  
Green Peas Mashed

Chicken, Corn,  
Cauliflower, Pearl Barley  
& Rice Mashed

Beef & Roast Vegetable  
Stew with Cous Cous  
Mashed

Broccoli, Cauliflower  
& Potato Puree

Pumpkin &  
Sweet Potato Puree

Carrot & Corn  
Puree

Pumpkin  
Puree

Zucchini & Potato  
Puree



Mango & Ricotta  
Risotto Pureed

Apple, Orange, Pear  
& Prune Puree with  
Iron Fortified  
Rice Cereal

Apple & Pear Puree  
with Iron Fortified  
Rice Cereal

Apple & Pear  
Semolina Puree

Mango & Pear Puree  
with Iron Fortified  
Rice Cereal



Morning

Lunch

Afternoon





# WEEK 5 - PUREE MENU

6 months to 12 months (1)

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Monday

Tuesday

Wednesday

Thursday

Friday

Apple & Apricot  
Porridge Puree

Peach Semolina  
with Milk Puree

Pear Puree with Iron  
Fortified Rice Cereal

Apple Semolina  
Puree

Apple, Apricot, Pear &  
Prune Puree with Iron  
Fortified Rice Cereal

Beef, Pearl Barley &  
Vegetable Casserole  
Mashed

White Beans, Oats,  
Pumpkin & Carrot  
Mashed

Chicken, Potato, Corn &  
White Beans Mashed

Beef, Brown Rice,  
Pumpkin & Potato  
Mashed

Chicken, Ricotta, Pasta  
& Corn Mashed

Cauliflower &  
Corn Puree

Cauliflower, Zucchini  
& Potato Puree

Carrot  
Puree

Broccoli, Green Peas  
& Zucchini Puree

Pumpkin & Sweet  
Potato Puree



Apple Puree with Iron  
Fortified Rice Cereal

Apple, Apricot & Prune  
Puree with Iron Fortified  
Rice Cereal

Tapioca, Apple &  
Rhubarb Puree

Apple, Peach & Pear  
Puree with Iron Fortified  
Rice Cereal

Apple & Pear  
Puree



Morning

Lunch

Afternoon





# WEEK 6 - PUREE MENU

6 months to 12 months (1)

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Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Pear Semolina  
Puree



Apple & Apricot  
Puree with Iron  
Fortified Rice Cereal



Apricot Porridge  
Puree with Milk

Peach, Pear &  
Tapioca Puree



Pear Puree with  
Iron Fortified  
Rice Cereal

Lunch

Chicken, Red Lentil,  
Sweet Potato & Rice  
Mashed

Beef Bolognese Sauce,  
Carrot & Pasta  
Puree

Chicken, Sweet Potato  
& White Beans  
Mashed

Pasta, Pumpkin  
& Cheese Mashed

Beef, Red Lentil,  
Potato, Carrot Mashed

Carrot & Pumpkin  
Puree

Pumpkin  
Puree

Carrot, Cauliflower  
& Potato Puree

Sweet Potato &  
Green Pea Puree

Cauliflower,  
Sweet Potato &  
Pumpkin Puree

Afternoon

Apple & Rhubarb  
Puree with Iron  
Fortified Rice Cereal



Apple, Peach  
& Prune Puree

Apple Puree with  
Iron Fortified  
Rice Cereal



Apple, Pear & Prune  
Puree with Iron  
Fortified Rice Cereal

Apple & Peach  
Semolina Puree

