

6 TO 9 MONTH MENU

It's recommended water or milk are offered with meals.

1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING
TEA

Apple Puree

Apple, Banana &
Blueberry Puree

Watermelon & Carrot
Puree

Apple & Banana Puree

Apple & Pear Puree

LUNCH

Spinach with Garden
Vegetables Puree (6-9
months)

Chicken Stroganoff &
Rice (6-9 months)

Lentil Stew Puree (6-9
months)

Beef Bolognaise Puree
(6-9 months)

Roasted Beef &
Vegetables Puree (6-9
months)

AFTERNOON
TEA

Peas & Zucchini Puree

Pumpkin & Carrot
Puree

Apple & Carrot Puree

Pumpkin & Sweet
Potato Puree

Sweet Potato Puree



No Nasties



Love Local Produce



Nourishing Nosh



Kid Approved



6 TO 9 MONTH MENU

It's recommended water or milk are offered with meals.

2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING
TEA

Apple Puree

Pear & Blueberry Puree

Apple & Blueberry
Puree

Pear & Banana Puree

Pear Puree

LUNCH

Mince Beef &
Vegetable Pasta Puree
(6-9 months)

Potato & Spinach
Puree (6-9 months)

Chicken Stew Puree
(6-9 months)

Beef with Mixed
Vegetables Puree (6-9
months)

Chicken & Vegetable
Pasta Puree (6-9
months)

AFTERNOON
TEA

Pumpkin & Peas Puree

Sweet Potato &
Zucchini Puree

Pumpkin Puree

Sweet Potato & Carrot
Puree

Peas & Carrot Puree



No Nasties



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3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING
TEA

Apple & Pear Puree

Apple & Banana Puree

Apple, Banana &
Blueberry Puree

Apple Puree

Pear Puree

LUNCH

Beef, Squash &
Pumpkin Puree (6-9
months)

Green Beans & Sweet
Potato Puree (6-9
months)

Creamy Beef &
Cauliflower Puree (6-9
months)

Chicken Bolognaise
Puree (6-9 months)

Broccoli & Zucchini
Pasta Puree (6-9
months)

AFTERNOON
TEA

Pumpkin & Sweet
Potato Puree

Peas & Zucchini Puree

Pumpkin & Carrot
Puree

Apple & Carrot Puree

Sweet Potato Puree



No Nasties



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4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING
TEA

Apple & Blueberry
Puree

Apple Puree

Pear & Banana Puree

Pear Puree

Pear & Blueberry Puree

LUNCH

Chicken & Vegetable
Noodles Puree (6-9
months)

Pumpkin & Spinach (6-
9 months)

Beef, Red Beans &
Vegetables Puree (6-9
months)

Zucchini & Corn Pasta
Puree (6-9 months)

Chicken with
Mushrooms &
Vegetables Puree (6-9
months)

AFTERNOON
TEA

Sweet Potato &
Zucchini Puree

Pumpkin Puree

Sweet Potato & Carrot
Puree

Peas & Carrot Puree

Pumpkin & Peas Puree



No Nasties



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