

	Daily Diet 6 – 9mths	Daily Diet 9 – 10mths	Daily Diet 12mths +
On Waking	180mls milk (6fl oz) breast/formula	180mls milk (6fl oz) breast/formula	180mls milk (6fl oz) breast/formula
Breakfast	Baby breakfast Cereal with pureed pear	Porridge made with 90mls (3fl oz) milk	1 slice of toast 1 Weetabix with follow on milk/cow's milk Well diluted orange juice
Mid-morning	Breast/formula milk	breadsticks & cheese cubes	pancake
Lunch	3 tblsp broccoli & potato with cheesy sauce 90mls (3fl oz) milk breast/formula Chopped melon pieces	1 hard boiled egg with soldiers 1 Fromage Frais 90ml (3fl oz) water or well diluted juice	Scrambled egg & toast Baked banana & custard 90mls (3fl oz) water or well diluted juice
Mid-pm	½ small mashed banana Water	Toast fingers Water	Yohurt and chopped fruit
Tea	3 tsp creamy tomato sauce with 1 meatball & pasta shapes 90mls (3fl oz) infant/follow on milk 1 small yoghurt	4 tblsp shepherds pie 1 tblsp broccoli 1 tblsp carrot 1/2 banana	Portion of fish pie 1 – 2 tblsp sweet corn 1 – 2 tblsp garden peas 1 handful grapes
Evening	180mls (6fl oz) breast/infant formula	180mls (6fl oz) breast/infant formula	Cereal 180mls (6fl oz)breast/formula

These portions are only a guideline, some children may eat more or less