



Stage 2 MENU : Week 1

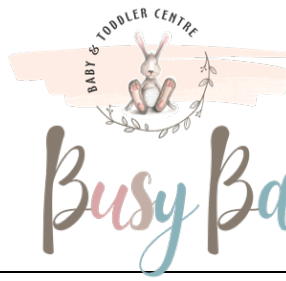
STAGE 2 Baby LED weaning Veggies & Proteins					
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cerelac/Fine Oats	Cerelac or Purity Cooked Mielie Meal	Cerelac or Future life tots	Cerelac or Purity cooked Mielie Meal	Cerelac /Fine Oats
Morning snack	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed
Lunch: Yellow Veggies	Butternut cubes & Beef mince	Pumpkin wedges & Chicken	Carrots & Beef mince	Sweet potato, chicken & broccoli	Potato wedges & Fish fingers/cakes
Afternoon snack	Own Snack Milk feed	Own Snack Milk feed	Own Snack Milk feed	Own Snack Milk feed	Own Snack Milk feed
<i>We start the beginner babies with Celerac, or sooner as per parent request (rice cereal)</i> <i>We introduce Oats, Mielie Meal & then Future life tots from 7-8 months.</i>					



Stage 2 MENU :

Week 2

STAGE 2					
Baby LED weaning Veggies & Proteins					
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cerelac/Fine Oats	Cerelac or Purity Cooked Mielie Meal	Cerelac or Future life tots	Cerelac or Purity cooked Mielie Meal	Cerelac /Fine Oats
Morning snack	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed
Lunch: Green veggies & proteins	Broccoli & Chicken	Veggie Cheesy pasta	Baby marrow & Beef mince	Green beans, potato mash & chicken fingers	French toast or vetkoek with jam and cheese
Afternoon snack	Own Snack Milk feed	Own Snack Milk feed	Own Snack Milk feed	Own Snack Milk feed	Own Snack Milk feed
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Stage 2 MENU :

Week 3

STAGE 2 Baby LED weaning Veggies & Proteins					
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cerelac/Fine Oats	Cerelac or Purity Cooked Mielie Meal	Cerelac or Future life tots	Cerelac or Purity cooked Mielie Meal	Cerelac /Fine Oats
Morning snack	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed	Own snack & Milk feed
Lunch: Combination feeding	Chicken Broccoli fritters	Mini Pancakes either filled or served with seasonal fruit	Bite size veggie & beef meatballs with sweet potato mash	Chicken, pasta bows and veggies	Veggie wedges and a protein.
Afternoon snack	Own Snack Milk feed	Own Snack Milk feed	Own Snack Milk feed	Own Snack Milk feed	Own Snack Milk feed
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