



Busy Bambini

Stage I MENU : Week I

STAGE I Introduction to solids Baby's first foods					
Week I	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cerelac Regular	Cerelac Banana	Cerelac Honey	Cerelac Tropical	Cerelac Regular
Morning snack	Milk feed	Milk feed	Milk feed	Milk feed	Milk feed
Lunch: Yellow Veggies	Butternut puree	Pumpkin puree	Carrot puree	Sweet potato puree	Gem squash
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) We introduce Oats, Mielie Meal & then Futurlife tots from 7-8 months.</i>					



Stage I MENU :

Week 2

STAGE I Introduction to solids Baby's first foods					
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cerelac Regular	Cerelac Banana	Cerelac Honey	Cerelac Tropical	Cerelac Regular
Morning snack	Milk feed	Milk feed	Milk feed	Milk feed	Milk feed
Lunch: Green Veggies	Broccoli puree	Garden Pea puree	Baby marrow	Spinach & Green beans	Green Veggie medley
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 I MENU :

Week 3

STAGE I Introduction to solids Baby's first foods					
Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cerelac Regular	Cerelac Banana	Cerelac Honey	Cerelac Tropical	Cerelac Regular
Morning snack	Milk feed	Milk feed	Milk feed	Milk feed	Milk feed
Lunch: Combination Veggies	Butternut & Spinach Puree	Pumpkin & Peas Puree	Sweet potato & Broccoli Puree	Gems squash & carrot Puree	Combination veg medley puree
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>					