Organic Baby Menu Week 1 - Week Commencing 16.11.26

Smooth Puree 6-8 Months	**Organic Apple & Cinnamon** 	**Organic Pear & Banana** 	**Organic Roasted Pumpkin** 	**Organic Apple & Sweet Potato** 	**Organic Lamb & Sweet Potato** 	**Organic Chicken, Pumpkin & Oats** 
Creamy Puree 8-10 Months	**Organic Apple & Cinnamon Porridge** 	**Organic Pear, Banana & Quinoa** 	**Organic Pumpkin, Macaroni & Cheese** 	**Organic Spinach, Lentil & Pumpkin** 	**Organic Chicken, Pumpkin & Spinach** 	**Organic Roast Lamb, Sweet Potato & Pea** 
Thick Puree 10-12 Months	**Organic Apple & Cinnamon Porridge** 	**Organic Pear, Banana & Quinoa** 	**Organic Pumpkin, Macaroni & Cheese** 	**Organic Sweet Potato, Chickpea & Zucchini** 	**Organic Chicken, Pumpkin & Cous Cous** 	**Organic Roast Lamb, Sweet Potato & Pea** 

No Added Salt or Sugar **Free of Preservatives & Additives** **Locally Sourced Organic Produce**

www.healthycookingco.com.au

Organic Dairy-Free Baby Menu Week 1 - Week Commencing 16.11.26

Smooth Puree 6-8 Months	**Organic Apple & Cinnamon** 	**Organic Blueberry, Banana & Quinoa** 	**Organic Apple & Sweet Potato** 	**Organic Roasted Pumpkin** 	**Organic Sweet Potato & Pear** 	**Organic Pumpkin & Carrot** 
Creamy Puree 8-10 Months	**Organic Blueberry, Banana & Quinoa** 	**Organic Zucchini, Pea & Pear** 	**Organic Sweet Potato & Chickpea** 	**Organic Spinach, Lentil & Pumpkin** 	**Organic Chicken, Pumpkin & Oats** 	**Organic Sweet Potato & Pear** 
Thick Puree 10-12 Months	**Organic Pear, Banana & Quinoa** 	**Organic Apple & Cinnamon Porridge** 	**Organic Blueberry, Banana & Quinoa** 	**Organic Sweet Potato, Chickpea & Zucchini** 	**Organic Sweet Potato & Pear** 	**Organic Spinach, Lentil & Pumpkin** 

No Added Salt or Sugar **Free of Preservatives & Additives** **Locally Sourced Organic Produce**

www.healthycookingco.com.au