

60+

Baby Approved

MEALS

SNACKS & MEALS

SWEET SNACKS

- yoghurt
- strawberries, watermelon etc
- banana
- tinned peaches and pears, mashed
- blueberry pikelets
- banana yoghurt mini muffins
- apricot and coconut balls
- bircher muesli
- squished blueberries
- rice pudding
- mango slices
- greek yoghurt with cinnamon
- stewed apple
- pear and apple slices

SAVOURY SNACKS

- hummus dip and crackers
- veggie sticks
- avocado chunks
- tomatoes, sliced
- soft cheese
- sugar snaps
- snow peas
- chickpeas
- pita bread with avocado
- cheese and crackers
- tinned tuna or salmon
- crispbreads

Purees

- banana and avocado
- sweet potato and corn
- potato and pumpkin
- avocado and sweetcorn
- pear, apple and cinnamon
- banana and mango
- pumpkin and zucchini
- cauliflower and sweet potato
- broccoli and pear
- pumpkin, carrot and apple
- potato, pear and peas
- potato, sweet potato and peas
- cauliflower, broccoli and pear

Finger Food

- baked beans
- mini pizzas (on English muffins)
- quinoa with mashed sweet potato
- roasted vegetable frittata
- savoury muffins
- mini quiches
- homemade crumbed fish
- mini egg and bacon pies
- penne bolognese
- tuna with steamed vegetables
- sandwiches
- scrambled eggs
- risotto
- homemade mac and cheese
- spinach and cheese ravioli
- gnocchi with vegetable sauce
- corn or zucchini fritters
- homemade chicken nuggets
- chicken and vegetable meatballs
- falafels
- corn on the cobb
- vegetable couscous
- tuna patties

