

	DAY 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	<ul style="list-style-type: none"> • Porridge made with fortified oat milk 	<ul style="list-style-type: none"> • Toasted fingers with boiled eggs and grilled mushrooms 	<ul style="list-style-type: none"> • Scrambled egg with spinach and cherry tomatoes 	<ul style="list-style-type: none"> • Hommus on toast and a cup of fortified oat milk 	<ul style="list-style-type: none"> • Cereal flakes with fortified oat milk 	<ul style="list-style-type: none"> • Toasted bagel with avocado and cherry tomatoes 	<ul style="list-style-type: none"> • Blueberry Pancakes* made with soy milk
MID-MORNING	<ul style="list-style-type: none"> • Baby Hommus* with crackers 	<ul style="list-style-type: none"> • Soy yoghurt with stewed fruit 	<ul style="list-style-type: none"> • Sultanas 	<ul style="list-style-type: none"> • Rice cakes topped with sliced banana 	<ul style="list-style-type: none"> • Kiwi fruit 	<ul style="list-style-type: none"> • Cup of fortified rice milk 	<ul style="list-style-type: none"> • Berry smoothie made with fortified rice milk
LUNCH	<ul style="list-style-type: none"> • Homemade Pizza Pitas* made with soy cheese, served with steamed vegetables 	<ul style="list-style-type: none"> • Pumpkin and Tomato Soup* 	<ul style="list-style-type: none"> • Vegetable and Lamb Party Pies* made with fortified rice milk and soy cheese 	<ul style="list-style-type: none"> • Corn and Quinoa Fritters* made with soy cheese, served with steamed vegetables 	<ul style="list-style-type: none"> • Homemade Baked Beans* served on wholemeal toast 	<ul style="list-style-type: none"> • Egg, avocado and lettuce sandwiches on wholemeal bread 	<ul style="list-style-type: none"> • Potato Bake* made with soy cheese and fortified rice milk, served with steamed vegetables
MID-AFTERNOON	<ul style="list-style-type: none"> • Diced peaches in natural juice 	<ul style="list-style-type: none"> • Egg-free Mango Muffins* served with a glass of fortified rice milk 	<ul style="list-style-type: none"> • Rice biscuits with a cup of fortified rice milk 	<ul style="list-style-type: none"> • Dry crackers spread with mashed avocado 	<ul style="list-style-type: none"> • English muffins topped with soy cheese 	<ul style="list-style-type: none"> • Fresh grapes 	<ul style="list-style-type: none"> • Wholemeal crumpet spread with vegemite
DINNER	<ul style="list-style-type: none"> • Salmon with Rice and Veggies* 	<ul style="list-style-type: none"> • Veggie Nuggets* made with soy cheese, served with pasta and steamed vegetables 	<ul style="list-style-type: none"> • Asparagus Tortilla* made with soy cheese 	<ul style="list-style-type: none"> • Mini Shepherd's Pie* made with soy cheese, served with steamed vegetables 	<ul style="list-style-type: none"> • Turkey Bolognese* served with steamed vegetables 	<ul style="list-style-type: none"> • Spiced-Up Pork* served with steamed beetroot and broccoli 	<ul style="list-style-type: none"> • Lamb Shanks with Barley* serve with steamed vegetables

In recipes that call for milk or cheese, simply substitute soy milk

*Recipes can be found at woolworthsbabyandtoddlerclub.com.au