

# Three-Week Baby Tea Menu

## WEEK ONE

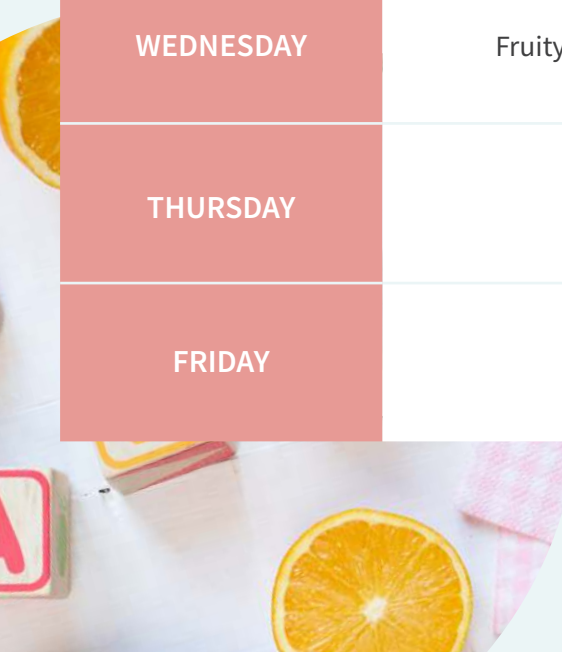


DATE	MAIN	DESSERT
MONDAY	Favourite fish & seasonal mixed veggies with potatoes	Fresh fruit
TUESDAY	Best-ever butter beans and peppers with rice	Fresh fruit
WEDNESDAY	Fruity chicken with apricots & courgettes with couscous	Fresh fruit
THURSDAY	Yummy beef with mushrooms and potatoes	Fresh fruit
FRIDAY	Tasty chicken with tomatoes and pasta	Fresh fruit

The Yum Yum Food Company with Annabel Karmel

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# Three-Week Baby Tea Menu

## WEEK TWO

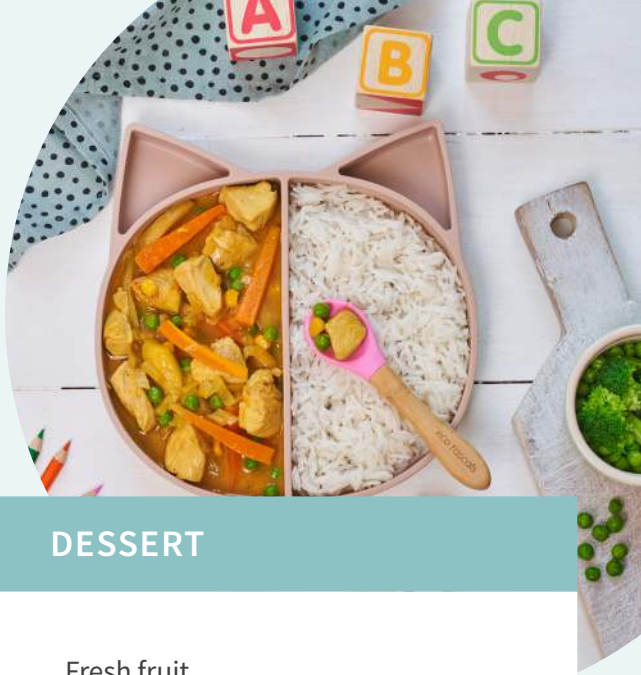


DATE	MAIN	DESSERT
MONDAY	Sweet root veggies with potatoes	Fresh fruit
TUESDAY	Yummy cauliflower with chickpeas & egg-free noodles	Fresh fruit
WEDNESDAY	Lovely lentils with tomato & pasta	Fresh fruit
THURSDAY	Scrummy butter beans with peppers, pineapple & egg free noodles	Fresh fruit
FRIDAY	Flavour-packed chicken with tomatoes and rice	Fresh fruit

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## WEEK THREE

DATE	MAIN	DESSERT
MONDAY	Dishy fish with garden peas & potatoes	Fresh fruit
TUESDAY	Seasonal mixed veggies with pasta	Fresh fruit
WEDNESDAY	Cherubs chicken with carrots, sweetcorn & egg-free noodles	Fresh fruit
THURSDAY	Yummy beef with tomatoes and potatoes	Fresh fruit
FRIDAY	Tasty chicken with carrots and rice	Fresh fruit