

# On the menu today

Sample daily meal plan for babies: **6–9 months** (smooth and lumpy food)

Let's get started with some sample daily menus to give you an idea of the types of food you can prepare! These plans serve as a guide only, so do feed me according to my appetite as I can decide whether I want to eat and how much to eat.



## Early morning

150ml breast/  
formula milk



## Breakfast

3 – 4 tablespoons\* of brown rice cereal mixed with 60ml breast/  
formula milk and ¼ medium banana (pureed)



Mid morning 180ml breast/  
formula milk

## Afternoon

180ml breast/  
formula milk



## Lunch

½ bowl\*\* of porridge with minced chicken (23g) and mashed pumpkin (25g)



## Nap time



## Dinner

- ½ bowl\*\* of porridge mixed with a small block of mashed tofu (43g) and mashed broccoli (25g)
- ¼ small pear that's been scraped



## Reading time



Supper 180ml breast/  
formula milk



## Total servings

| Brown rice and wholemeal bread | Fruit | Vegetables | Meat and others | Milk        |
|--------------------------------|-------|------------|-----------------|-------------|
| 1 – 2                          | ½     | ½          | ½               | 500 – 750ml |

\*1 tablespoon = 15g  
\*\*Rice bowl

