



**Yummies for Little Tummys**



**6 - 9 Months**

## Standard Menu

Week Commencing: **Sample**

Our menu is:

- ✓ Egg Free
- ✓ Nut Free
- ✓ Seafood Free

Y4LT says no to nasty artificial colours, flavours & preservatives.

Y4LT meals are screened for sugar, salt and saturated fat content.

Please feel free to contact us on:

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Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
Apple Puree	Apple, Banana & Blueberry Puree	Watermelon & Carrot Puree	Apple & Banana Puree	Apple & Pear Puree
Lunch	Lunch	Lunch	Lunch	Lunch
Spinach & Garden Vegetables A nutrient rich combination of steamed spinach, peas, carrot and zucchini.	<b>Beef Stroganoff</b> Tender succulent pieces of lean beef cooked in a creamy mushroom sauce and packed with hidden vegetables for extra goodness blended with steamed basmati rice.	<b>Lentil Stew</b> A delicious combination of carrot, zucchini, brown lentils and basmati rice.	<b>Chicken Bolognese</b> Lean chicken mince cooked in a vegetable sauce combining carrot, capsicum and zucchini with gluten free spaghetti.	<b>Roasted Beef &amp; Vegetables</b> Lean roast beef combined with the flavours of sweet potato, cauliflower, peas, carrot and gluten free spaghetti.
Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
Peas & Zucchini Puree	Carrot & Pumpkin Puree	Apple & Carrot Puree	Pumpkin & Sweet Potato Puree	Sweet Potato Puree

Week  
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