

FOOD CHART FOR 10 MONTH OLD BABY

DAYS	BREAKFAST	MM SNACK	LUNCH	ME SNACK	DINNER
MON	Ragi porridge	Mixed vegetable soup	Dal khichdi	Apple puree/cubes	Roti with dal
TUE	Raw banana powder porridge	Tomato soup	Rice with eggs	Chickoo puree	Wheat porridge
WED	Rava porridge	Beetroot carrot soup	Roti with dal, ghee	Cut fruits	Dal khichdi
THU	Wheat porridge	Spinach soup	Chicken, apple and sweet potato mash	Pear puree/cubes	Rice kheer/bhar di
FRI	Broken wheat porridge	Moringa leaves soup	Rice with chicken curry	Pomegranate kernels	Puri with curry
SAT	Dosa/idli dipped in curry	Chicken soup	Veg.pulav	Avocado puree with jaggery	Kerala banana mash
SUN	Rava upma	Lentil soup	Roti/rice with fish curry	Banana puree	Mixed vegetable paratha