



YumLO Pty Limited
 ABN: 19 619 670 512
www.yumlo.com.au
catering@yumlo.com.au

Week 1 (0-6 months)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Apple Puree with rice cereal	Pear Puree with Porridge	Creamed rice	Apricot & Peach Puree with rice cereal	Apple Puree with Porridge
Lunch	Chicken with rice	Tuna Mornay/Lentils Mornay Pureed	Chicken with Sweet Potato & Pumpkin	Sausage curry with rice/ mix curried vegetable with rice Pureed	Spaghetti Bolognese/ Vegetarian spaghetti Pureed
Afternoon Tea	Yogurt	Peach Puree with Rice Cereal	Apple & Pear Puree with rice cereal	Custard	Yogurt

Week 2 (0-6 months)

	Monday	Tuesday	Wednesday	Thursday	Friday
	Apple Puree with rice cereal	Pear Puree with Porridge	Creamed rice	Apricot & Peach Puree with rice cereal	Apple Puree with Porridge
Lunch	Irish beef and potato stew, served with steamed rice / Irish potato and chickpeas stew with steamed rice Pureed	Butter Chicken with rice/ Tofu curry with rice Pureed	Tuna and vegetable pasta bake/ Vegetable and cheese pasta bake Pureed	Meatballs with mash and veggies/Vegetable Balls with mash and veggie Pureed	Chicken stir fry vegetable noodles/ Tofu stir fry vegetable noodle Pureed
Afternoon Tea	Yogurt	Custard	Peach Puree with Rice Cereal	Apple & Pear Puree with rice cereal	Yogurt



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Week 3 (0-6 months)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Peach Puree with Porridge	Apple puree with Semolina	Creamed Rice	Apricot& peach Puree with rice cereal	Apple puree with porridge
Lunch	Beef mince with Gravy & Mashed Potato	Salmon & Potato mash/ Vegetable and lentil mash	Shepherd's pie /Vegetarian shepherd's pie	Chicken pasta bake/ vegetarian pasta bake Pureed	Chicken with sweet Potato mash
Afternoon Tea	Yogurt	Peach with rice cereal	Pear with Semolina	Custard	Creamed Rice

Week 4 (0-6 months)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Peach Puree with Porridge	Apple puree with Semolina	Creamed Rice	Apricot& peach Puree with rice cereal	Apple puree with porridge
Lunch	Mexican mince (Beef) with rice/ Beans and vegetables with rice	Chicken & Vegetable with rice	Chicken with Pumpkin & potato mash	Fish curry with rice	Spaghetti Bolognese/ vegetarian spaghetti Pureed
Afternoon Tea	Yogurt	Peach with rice cereal	Pear with Semolina	Custard	Creamed Rice