

FOOD IDEAS FOR PACIFIC BABIES

10-12 MONTHS

Continue to offer a range of different tastes and textures from what the family is eating, just cut it into small pieces.



French toast with peach and yoghurt



Coconut pineapple porridge



Low salt/sugar baked beans on toast with avocado



Chicken curry with potatoes, broccoli and cauliflower heads



Seafood and spinach soup with taro



Chicken soup with taro



Beef mince chop suey with vegetables



Tuna and lettuce sandwich with yoghurt



Fish, taro leaves and green banana



Garlic chicken, coleslaw, chopped salad and coconut rice



Fish, mashed corn, palusami and green banana



Roast pork, carrot, mashed peas and green banana

Only your baby knows how much food they need, so follow their fullness cues.