10 to 12 months

TIMINGS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6..30-7.00 AM	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
9.00-9.30 AM	Fortified Cereal for babies, 1 Bowl	Fortified Cereal for babies, 1 Bowl	Suji Halwa, ½ Bowl	Fortified Cereal for babies, 1 Bowl	Vegetable poha, 1 Bowl	Methi Besan Chilla, 1 No	Fortified Cereal for babies, 1 Bowl
11.00-11.30 am	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
Lunch 1.00 pm	Mashed Carrot Pumpkin, ½ Bowl	Mashed Potato And Paneer, ½ Bowl	Fortified Cereal for babies, 1 Bowl	Mashed Ghiya Palak,1/2 Bowl	Vegetable Daliya Khichdi, 1 Bowl	Fortified Cereal for babies, 1 Bowl	Palak Raita, ½ Bowl
3.00-3.30 pm	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
5.30 pm	Sliced Muskmelon, ½ Bowl	Sliced Pear, 1/2 Bowl	Sliced Strawberries, 1/2 Bowl	Sliced Mango ½ Bowl	Fortified Cereal for babies, 1 Bowl	Sliced Papaya, ½ Bowl	Sliced Chiku ½ Bowl
7.30-8.00	Methi ROti, ½ No Curd, ½ Bowl	Fortified Cereal for babies, 1 Bowl	Mashed Dal Palak, ½ BOwl	Fortified Cereal for babies, 1 Bowl	Mashed Dal Ghiya, ½ Bowl	Fortified Cereal for babies, 1 Bowl	Ajwain Paratha Ki Churi, ½ Bowl
10.00 Pm	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk

DIETIECIAN SYED MUMTAZ KARIM