VEG MENU 12-18 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	Atta Shera ,1Bowl	Fortified Cereal for babies,1 Bowl	Vegetable Poha,1 Bowl sliced strawberries ½ Bowl	Daliya Porridge,1 Bowl	Fortified Cereal for babies,1 Bowl	Suji halwa, 1 Bowl	Namkeen Seviyan,Bowl water melon cubes ½ Bowl
11.00-11.30 am	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
Lunch 1.00 pm	Fortified Cereal for babies,1 Bowl	Masoor Dal,1/2 Bowl Jeera Rice,1/2 Bowl	Dahi Wale Aloo,1/2 Bowl Ajwain Paratha,1small	Fortified meal for Babies,1Bowl	Vejetable Suji Khichdi,1Bowl	Methi Paratha 1 small Jera Raita,1/2 Bowl	Fortified Cereal for babies,1 Bowl
3.00-3.30 pm	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
5.30 pm	Vegetable Cheese Toast, 1No Sliced Chiku,1/2 Bowl	Nariyal Barfi,1 pc Mango Cubes ½ Bowl	Fortified Cereal for babies,1 Bowl	Methi Besan Chilla ,1 No Sliced Banana	Til Chikki, 1Pc Sliced,1/2 Bowl	Fortified Cereal for babies,1 Bowl	Mix Vegetable Soup,1/2 Bowl Bread Butter, 1Slice
7.30-8.00	Sarson ka Saag,1/2 Bowl Paratha,1 Small	Fortified Cereal for babies,1 Bowl	Chana Dal,1/2 Bowl Rice, 1/2Bowl	Fortified meal for Babies,1 Bowl	Khata Meetha Petha,1/2 Bowl Ajwain Paratha,1 Small	Vegetable Khichdi, 1Bowl	Fortified Cereal for babies,1 Bowl
10.00 Pm	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk

DIETECIAN SYED MUMTAZ KARIM