



# INFANT SAMPLE MENU

## Breakfast:

Homemade Grain Cereal  
Papaya Smoothie  
Cucumber and Purslane with Lemon & Dill

## Snack:

Persian Yogurt  
Teething Biscuit or Breadstick

## Lunch:

Homemade Hummus  
Garlic Lemon Green Beans  
Mixed Applesauce

## Dinner:

Beef Bourguignon  
Braised Broccoli Rabe