



# 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