



YUMMY TUMMY

Kids

Homemade Food for Babies & Toddlers

MENU

{ DID YOU KNOW? Olive oil is very good for babies' bowel movements, especially when they start on solids. This is why all meals, including the veg choices, have been made with olive oil. **}**

VEG CHOICES (80g Smooth Single Veg or Mixed Veg)

Sweet Potato | Potato | Butternut | Gem Squash | Pumpkin | Carrot
Sweet Potato & Orange | Sweet Potato & Butternut | Butternut & Gem Squash
Sweet Potato & Gem Squash | Sweet Potato & Baby Marrow | Sweet Potato & Broccoli



OATS (80g Smooth or Semi Chunky) (NO DAIRY ADDED)

Plain | Apple & Cinnamon | Peach & Roibos



MEAL CHOICES (80g Smooth)

Lentils & Veg

Olive Oil, Onion, Carrots, Red & Brown Lentils, Sweet Potato & Chicken Stock.

Mince Rice Veg

Olive Oil, Onion, Carrot, Beef Mince, Tomato, Peas, Chicken Stock & Basmati Rice.

Bolognese & Pasta

Olive Oil, Onion, Garlic, Beef Mince, Tomato Puree, Tomato, Mixed Dried Herbs, Chicken Stock, Mushrooms & Pasta.

Chicken, Sweet Potato & Apple

Olive Oil, Onion, Chicken, Apple, Sweet Potato & Chicken Stock.

Livers

Chicken Livers, Onion, Mushrooms, Carrot, Sweet Potato, Chicken Stock & Olive Oil.

Sweet Potato & Spinach

Olive Oil, Onion, Garlic, Sweet Potato, Baby Spinach, Peas & Cheddar Cheese.

Chicken & Apricot

Olive Oil, Garlic, Chicken, Sweet Potato, Apricot, Tomato & Chicken Stock.

Beef & Sweet Potato

Olive Oil, Leek, Cubed Beef, Mushroom, Sweet Potato, Chicken Stock & Squeezed Orange Juice.



MEAL CHOICES (120g Semi Chunky)

Chicken, Sweet Potato & Apple

Olive Oil, Onion, Chicken, Apple, Sweet Potato & Chicken Stock.

Chicken à la King

Chicken, Onion, Peas, Mushrooms, Milk, Olive Oil, Chicken Stock & Rice.

Livers

Chicken Livers, Onion, Mushrooms, Carrot, Sweet Potato, Chicken Stock & Olive Oil.

Sweet Potato & Spinach

Olive Oil, Onion, Garlic, Sweet Potato, Baby Spinach, Peas & Cheddar Cheese.

Chicken & Apricot

Olive Oil, Garlic, Chicken, Sweet Potato, Apricot, Tomato & Chicken Stock.

Chicken Rice & Veg

Olive Oil, Onion, Carrot, Garlic, Chicken, Tomato & Peas.

Chicken & Couscous

Olive Oil, Chicken, Onion, Mushroom, Baby Marrow, Corn, Red Pepper & Chicken Stock.

Lentils & Veg

Olive Oil, Onion, Carrots, Red & Brown Lentils, Sweet Potato & Chicken Stock.

Hake & Veg

Hake, Onion, Olive Oil, Carrot, Broccoli, Peas, Milk & Cheddar Cheese.

Bolognese & Pasta

Olive Oil, Onion, Garlic, Beef Mince, Tomato Puree, Tomato, Mixed Dried Herbs, Chicken Stock, Mushrooms & Pasta.

Mince Rice Veg

Olive Oil, Onion, Carrot, Beef Mince, Tomato, Peas, Chicken Stock & Basmati Rice.

Salmon & Veg

Salmon Fillet, Carrot, Milk, Olive Oil, Tomato, Onion & Cheddar Cheese.

Beef & Sweet Potato

Olive Oil, Leek or Onion, Cubed Beef, Mushroom, Sweet Potato, Chicken Stock & Squeezed Orange Juice.

Lamb Stew

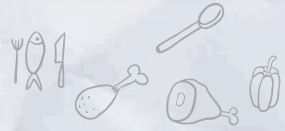
Sweet Potato, Carrots, Onion & Lamb.



TODDLERS MEALS (160g or 200g)

Cottage Pie
Chicken Lasagne
Tuna Pasta Bake
Hake Fingers & Veg (200g ONLY)
Irish Lamb Stew & Cous Cous
Fish Pie & Mashed Potato
Crumbed Chicken, Veg, Brown Basmati Rice & Quinoa (200g ONLY)

Bolognese Bake
Meat Balls & Rice
Chicken & Apricot on Mashed Sweet Potato
Chicken Broccoli, Cheese & Cous Cous
Beef Bangers, Potato & Veg (200g ONLY)
Pork Bangers, Potato & Veg (200g ONLY)



FRUIT CHOICES (80g Smooth or 120g Semi Chunky)

Pear
Pear & Apricot
Pear & Peach
Pear & Strawberry (Seasonal)
Pear & Prune
Pear & Banana
Apple & Mixed Berry (Seasonal)
Prune (80g ONLY)

Apple
Apple & Peach
Apple & Cranberry
Apple & Litchi (Seasonal)
Apple & Blueberry (Seasonal)
Apple & Apricot
Apple & Prune



VEG MIX CHOICES (200g)

Sweet Potato Mash, Carrots & Peas
Sweet Potato Spinach, Beans, Mash & Pumpkin
African Potato, Broccoli & Mielies



HOW TO PREPARE YUMMY TUMMY MEALS

- ♥ Thaw food before heating.
- ♥ Meals can be heated in a microwave (remove lid), saucepan, steamer or bottle warmer.
- ♥ Once defrosted use within 24 hours.
- ♥ DO NOT freeze food that has already been heated.



TO ORDER:

Please contact info@yummytummykids.co.za OR Kerry: 082 872 7601 | Sam: 082 373 3227
www.yummytummykids.co.za

PLEASE NOTE:

- ♥ Deliveries available (additional charge)
- ♥ We have allocated pick-up points available in main areas in JHB and Pretoria
- ♥ All stock is subject to availability

{ Only once your order has been paid and proof of payment has been sent through, will your order be processed. From there, orders can take up to five working days. You will be notified once orders are ready to collect. }