

## **Heinz**

### **Mums own jars**

#### Breakfasts/desserts

Apple and banana breakfast  
 Apple and mango breakfast  
 Apple crumble with vanilla custard  
 Banana and chocolate dessert  
 Chocolate & banana pudding  
 Creamed porridge  
 Egg custard  
 Fruit custard crumble  
 Raspberry and banana smoothie  
 Strawberry peaches and cream

#### Savoury jars

Cauliflower and broccoli cheese  
 Cheesy pasta with ham  
 Cheesy tomato pasta stars  
 Cheesy spaghetti & cheese with 6 veg  
 Cottage pie (all stages)  
 Fruity chicken casserole  
 Pasta and pesto chicken  
 Seaside pasta with tuna  
 Shepherds pie  
 Sweet vegetables and pasta stars

### **Mums own trays**

Cottage pie  
 Juicy apricot chicken with rice

### **Cook at home**

Mild and fruity chicken curry sauce  
 Three cheese sauce

### **Heinz cans**

Beans with vegetables and bacon  
 Beans with vegetables and sausage  
 Cauliflower cheese pasta and potato  
 Cheesy hoops potato and cauliflower  
 Chocolate pudding  
 Creamed porridge  
 Egg custard with rice  
 Rice pudding  
 Spaghetti hoops and pork sausage  
 Sausage pasta bake  
 Strawberry cheesecake  
 Tomato beans and sausage  
 Tomato beans and bacon

### **Dried baby foods**

Banana multigrain cereal  
 Blueberry porridge  
 Cheesy vegetable pasta  
 Chocolate & banana pudding (4mths)  
 Creamy oat porridge  
 Fruit and yogurt  
 Golden vegetables and chicken  
 Mediterranean vegetables and rice  
 Mini berry flakes  
 Oats and apple cereal  
 Oat and banana cereal  
 Peach & apricot cereal  
 Peachy porridge  
 Summer fruit cereal  
 Sunday chicken dinner  
 Sunrise banana cereal

### **Rusks/biscuits/crackers**

Apple biscotti  
 Chocolate biscotti

Gluten free rusk

It's all good cheese crackers  
 Organic biscotti  
 Organic gingerbread

### **Fruity pots**

Fruit medley custard pot

## **Plum Baby Foods**

### **Breakfast**

Banana and apricot oat porridge

### **Meals**

Aubergine and sweet red pepper provencale  
 Bean and beef cassoulet with tomato  
 Buttery root vegetables and green lentils  
 Carrot lentil and cheddar  
 Ditalini pasta with pesto and supergreens  
 Parsnip carrot and cheddar mash  
 Root vegetable and beef ragout  
 Salmon and spinach risotto

### **Sauces**

Mild vegetable masala sauce  
 Spinach and basil pesto sauce

### **Snacks**

Multigrain rings with gouda and cheddar cheese  
 Savoury bakes with parmesan  
 Spelt breadsticks with mild pecorino cheese

### **Fromage frais**

All varieties

# COMMERCIAL BABY FOODS CONTAINING MILK

## **Cow & Gate**

### **Breakfast baby foods**

Banana porridge  
Creamed porridge  
Creamy porridge  
Fruity porridge

### **Savoury jars/meals**

Baby cauliflower cheese  
Beef casserole  
Beef stroganoff  
Broccoli cheese  
Cheesy pasta with tomatoes and vegetables  
Cheesy vegetable lasagne  
Cheesy vegetables  
Creamy cauliflower cheese  
Creamy mushroom & chicken with noodles  
Creamy parsnip and potato  
Mamma's macaroni  
Mini beef casserole  
Orchard chicken  
Pumpkin and carrot with chicken

### **Little steamed meals**

Country vegetable & beef casserole  
Creamy vegetable & cod  
Creamy cottage pie  
Macaroni with beef & sweet vegetables  
Pasta with tomato spinach and cheese

## **Desserts**

Apple and banana swirl  
Apple and banana yogurt  
Apple and cookie crumble  
Apricot apple and banana yoghurt  
Apple crumble  
Apple & custard fruity dessert  
Banana and cookie crumble  
Banana custard  
Banana delight  
Banana yoghurt  
Egg custard  
Fruity crumble  
Juicy fruit crumble  
Rice pudding  
Strawberry yoghurt

## **Organix**

### **First cereals**

Banana porridge  
Creamy apple and raspberry cereal  
Creamy oat porridge  
Pear & mango breakfast

### **Savoury jars/pots**

Creamy chicken pasta with sweetcorn  
Creamy wholegrain pasta cream vegetable  
Pasta with chicken and broccoli  
Pasta with pea and pesto  
Pumpkin cheddar & lentil  
Sweet potato cheddar & courgette  
Thai chicken and rice  
Tomato & beef risotto  
Vegetable korma rice  
Vegetables with cheese and rice (stage 2)

## **Sweet pots**

Apple mango and banana yoghurt  
Apple and mango rice pudding  
Peach & yoghurt rice pudding (stage 1)  
Creamy rice pudding (stage 1)  
Pear, plum & yoghurt rice pudding

### **Biscuits/finger foods**

Curly puff cheese and herbs  
Curly puff tomato, cheese & herb  
Moon biscuits  
Organic baby biscuits  
Plain soft rusks

## **Ella's Kitchen**

**(stage 1 foods are milk free on 15/12/11)**

Apple and raisin oat crumble  
Baby brekkie (all varieties)  
Chicken and sweet corn mash  
Fish pie  
Milk & vanilla baby cookies  
Rice pudding  
Spag Bol

## **Babylicious/Kiddylicious**

Cheesy pasta with tomato and basil  
Cottage pie  
Creamy salmon and broccoli mornay  
Fisherman's pie with vegetables  
Fruity chicken curry  
Lasagne  
Pasta with cheese, broccoli and tomato  
Potato topped tuna and sweetcorn pie  
Tomato & bean casserole

# COMMERCIAL BABY FOODS CONTAINING MILK

## Hipp Organic

### Stage 1

Apple and banana crumble  
Banana custard  
Banana yogurt breakfast  
Creamy porridge breakfast  
Creamy rice breakfast  
Cheesy spinach and potato bake  
Penne with tomato and courgette  
Rice pudding  
Root vegetable & lentil bake  
Tasty vegetable risotto

### Stage 2

Apple and vanilla dessert  
  
Breakfast duet (all varieties)  
Cheesy pasta bake  
Cocoa and vanilla dessert  
Creamy porridge breakfast  
Creamy rice pudding  
Fruit duet (all varieties)  
Rice pudding with apple & pear  
Rigatoni napoli  
Spaghetti carbonara  
Spaghetti with tomatoes and mozzarella  
Strawberry & raspberry yoghurt  
Tomato, courgette & potato bake  
Vegetable lasagne

### Stage 3

Carrot leek & turkey bake  
Chunky vegetable and beef casserole  
Creamy rice pudding with apple  
Pancakes with apple sauce  
Pasta with tomatoes and mozzarella  
Spaghetti carbonara

### Stage 4

Pasta twists with courgette and mozzarella

### Dried baby foods

Banana and peach breakfast  
Creamy porridge

### Fruit & cereal

Apple & pear  
Banana & peach

### Microwaveable

Hearty vegetable and beef casserole  
Potato, pumpkin and chicken scramble  
Scrumptious lasagne  
Squiggly spaghetti in tasty tomato and mozzarella sauce\*  
Wholesome vegetable and chicken risotto\*

### Pots

Cheesy leek and chicken macaroni (stage 3)  
Creamed root vegetables with apple  
Fruity vegetable taine with couscous (stage 2)  
Mediterranean ratatouille with gnocchi (stage 3)  
Sweet carrot & pea risotto with chicken  
Sweet red pepper and aubergine penne (stage 2)

### Biscuits

Apple elephant biscuits  
Crumbly rusks

### Growing up meals

Shell pasta with juicy tomato & courgette  
Sweet carrot & pea risotto with chicken

Please note that this list does not include all manufacturers and recipe ingredients may change since the time of last review. This list is not intended for use for allergen-free shopping. It is important to check ingredient lists and labels if your child has a diagnosed food allergy.

# COMMERCIAL BABY FOODS CONTAINING EGG

## Heinz

### **Mums own jars**

Apple crumble with vanilla custard  
Egg custard

Fruit custard crumble  
Spaghetti bolognese (10+ months)

### **Heinz cans**

Cauliflower cheese pasta with potato  
Cheesy hoops potato and cauliflower  
Egg custard with rice  
Spaghetti bolognese

## Hipp Organic

### **Stage 1**

Pasta in tomato & ham sauce  
Penne with tomato & cougette  
Spaghetti bolognese

### **Stage 2**

Spaghetti carbonara

### **Stage 3**

Gnocchi with creamy leek sauce  
Mediterranean ratatouille with gnocchi  
Mozzarella sauce  
Pancakes with apple and cinnamon sauce  
Pasta with tomatoes and mozzarella  
Spaghetti carbonara

### **Stage 4**

Pasta twists with courgette and mozzarella  
Spaghetti bolognese Vegetable lasagne

## **Microwavable meals**

Chunky vegetable pasticcio  
Classic spaghetti bolognese  
Scrumptious lasagne  
Squiggly spaghetti in tasty tomato and mozzarella sauce

## Cow and Gate

### **Savoury jars/meals**

Cheesy pasta and sweet vegetable  
Cheesy vegetable lasagne  
Chicken, pasta and sweet vegetables  
Creamy mushroom and chicken noodle doodle  
Mamma's macaroni  
My favourite spaghetti bolognese  
Pasta and creamy carbonara  
Scrummy spaghetti bolognaise  
Scrummy tuna penne  
Sweet squash and chicken  
Tuna pasta in a creamy tomato sauce

### **Little steamed meals**

Creamy chicken pasta with tomato and mushroom sauce  
Pasta with tomato, spinach and cheese  
Spaghetti bolognese  
Turkey with red pepper and carrots

### **Desserts**

Egg custard

## Organix

*All Organix products are egg free (on 15/12/11)*

## Plum Baby Foods

*All Plum products are egg free (on 15/12/11)*

## Ella's Kitchen

Apple and raisin oat crumble  
Spag bol

## Babylicious/Kiddylicious

*All Babylicious/kiddylicious products are egg free (on 15/12/11)*

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# COMMERCIAL BABY FOODS CONTAINING WHEAT

## Heinz

### **Mums own jars**

Apple crumble with vanilla custard  
Cheesy pasta with ham  
Cheesy tomato pasta stars  
Mini spaghetti with 6 vegetables  
Fruit custard crumble  
Pasta bolognese  
Pasta and pesto chicken  
Peach and chicken pasta  
Seaside pasta with tuna  
Spaghetti bolognese  
Sweet vegetables and pasta stars

### **Cook at home**

Baby pasta stars

### **Heinz cans**

Cauliflower cheesy pasta and potato  
Cheesy hoops potato and cauliflower  
Pasta bolognese  
Sausage pasta bake  
Spaghetti hoops and pork sausage  
  
Spaghetti bolognese (7+ months)  
Strawberry cheesecake

### **Dried baby foods**

Banana multigrain cereal  
Cheesy vegetable pasta  
Golden vegetables and chicken  
Mini berry flakes  
Oats and apple cereal  
Oat and banana cereal

## **Rusks/biscuits**

Apple biscotti  
Banana rusks  
Chocolate biscotti  
Farley's biscuits  
It's all good cheese crackers  
Mini rusks  
Original rusks  
Organic biscotti  
Organic gingerbread biscotti  
Reduced sugar rusks– original  
Wholemeal rusks

## Organix

### **Cereals**

7 Multigrain cereals

### **Savoury jars/pots**

Chicken and red pepper lasagne  
Fruity lamb, potato and cous cous  
Pasta bolognese  
Pasta stars with bolognese sauce (stage 2)  
Wholegrain pasta with aubergine and peppers (stage 2)  
Wholegrain pasta with chicken and broccoli  
Wholegrain pasta with pea and pesto

### **Biscuits**

Alphabet biscuits  
Animal biscuits  
Baby finger biscuits  
Cheese and onion bites  
Cocoa cookie bites  
Gingerbread gang biscuits  
Gingerbread men orange cookie bites  
Little sticks (tomato and basil)

Little sticks (traditional)

Moon biscuits  
Oaties  
Organic baby biscuits  
Organic soft rusks  
Tomato and basil bites

## Plum Baby Foods

### **Breakfast**

Four grain muesli with strawberry and banana  
Four grain super porridge with apple and apricot  
Four grain super porridge with plum and banana

### **Meals/desserts**

Ditalini pasta with pesto and super greens  
Giant cous cous with chicken, squash and red pepper  
Root vegetable and beef ragout

### **Snacks**

Oat rounds with orange oil and ginger  
Savoury bakes with parmesan  
Savoury bakes with carrot  
  
Spelt breadsticks with mild pecorino cheese  
Spelt breadsticks with tomato  
Spelt fingers with apple  
Spelt fingers with pomegranate  
Spelt fingers with raspberry

# COMMERCIAL BABY FOODS CONTAINING WHEAT

## Cow and Gate

### **Breakfast baby food**

Baby wheat flakes  
Fruity muesli  
My first muesli  
My first banana muesli  
Wheaty biscuit

### **Savoury jars/meals**

Autumn orchard chicken  
Beef casserole  
Beef stroganoff  
Carrot, potato and lamb hotpot  
Cheesy pasta with tomatoes and vegetables  
Cheesy vegetable lasagne  
Cheesy vegetables  
Chicken and tasty vegetable pot  
Chicken, pasta and sweet vegetables  
Chicken Sunday lunch  
Creamy chicken  
Creamy chicken curry  
Creamed cottage pie  
Creamy mushroom and chicken with noodle  
Grandma's Sunday lunch  
Mamma's macaroni  
Mediterranean beef stew  
Mini beef casserole  
My favourite spaghetti bolognese

Oriental chicken  
Pasta and creamy carbonara  
Pumpkin & carrot with chicken  
Scrummy spaghetti bolognese  
Scrummy tuna penne  
Sweet squash and chicken  
Tasty cottage pie  
Tuna pasta in a creamy tomato sauce  
Yummy harvest chicken

## **Little steamed meals**

Chicken pasta with tomato and mushroom  
Macaroni with beef & sweet vegetables  
Pasta with tomato, spinach and cheese  
Red pepper and carrots with Turkey  
Spaghetti bolognese

## **Desserts**

Apple and cookie crumble  
Apple and pear  
Apple crumble  
Banana and cookie crumble  
Fruity crumble  
Juicy fruit crumble

## **Babylicious/Kiddylicious**

Cheesy pasta with tomato and basil lasagne  
Pasta with cheese, broccoli and tomato  
Potato topped tuna and sweetcorn pie  
Spaghetti bolognese  
Tomato & bean casserole

## **Ella's Kitchen**

### **Stage 3 meals/sides**

Super scrummy salmon risotto  
Pasta- has to be

## **Snacks**

Apple and ginger baby cookies  
Apple, raisin and cinnamon bakey bakies  
Cheese and spinach bakey bakies  
Milk and vanilla baby cookies  
Orange and pear stacks of sticks  
Perfectly pleasing tomato-y pasta  
Spaghetti bolognese  
Wholegrain stacks of sticks

## **Hipp Organic**

### **Jars/Pots**

Apple and banana crumble  
Breakfast duet (all varieties)  
Cheesy leek and chicken macaroni  
Cheesy pasta bake  
Creamy vegetable pasta  
Fruity vegetable tajine with couscous  
Pancakes with apple and cinnamon sauce  
Pasta in a tomato and ham sauce  
Pasta italienne with ham  
Pasta and pork with tomato and herbs  
Pasta twists with courgette and mozzarella  
Pasta with tomatoes and carbonara  
Penne with tomato and courgette  
Rigatoni napoli  
Spaghetti bolognese  
Spaghetti carbonara  
Spaghetti with tomatoes and mozzarella  
Sweet red pepper and aubergine penne  
Vegetable lasagne  
Vegetables with noodles and chicken

### **Microwaveable**

Chunky vegetable pasticcio  
Classic spaghetti bolognese  
Scrumptious lasagne  
Squiggly spaghetti in tasty tomato and mozzarella sauce

### **Dried baby foods/biscuits**

Apple banana and 4 cereal breakfast  
Biscotti  
Creamy porridge  
Crumbly rusks  
Elephant biscuits

This list does not include all manufacturers. Please refer to the note on page 3 and 4.