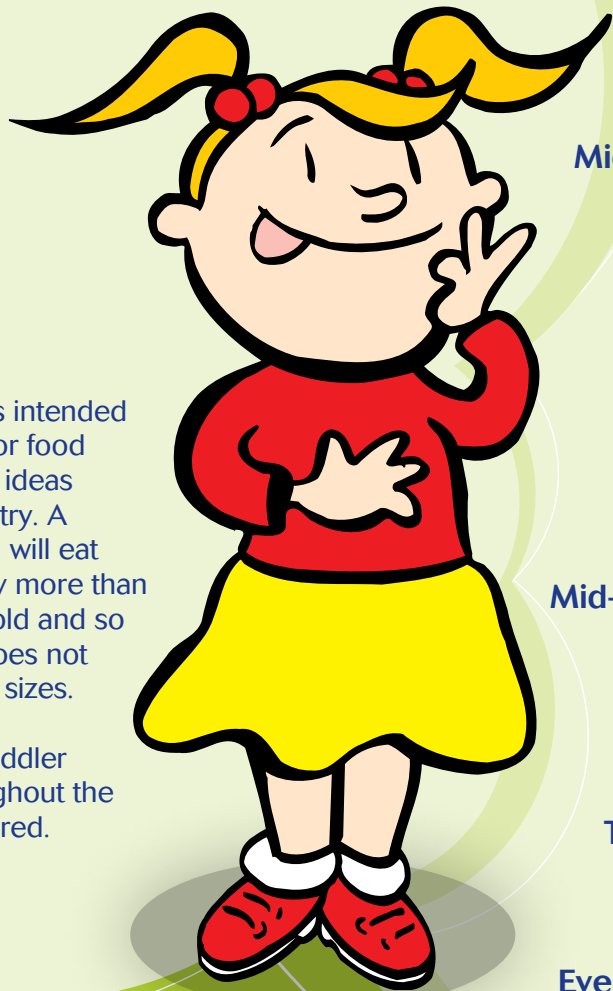


Menu ideas

for the one-to-fives



This menu is intended as a guide for food choice, with ideas for foods to try. A five-year-old will eat considerably more than a one-year-old and so the menu does not give portion sizes.

Give your toddler water throughout the day as required.



Breakfast

Mid-morning

Lunch

Mid-afternoon snack

Tea/dinner

Evening Drink

Porridge with milk Satsuma Water	Wheat bisk with milk and dried chopped apricots Water	Scrambled egg with tomatoes and toasted buttered muffin Milk
Banana Water	Sliced pear Milk	Red pepper sticks Water
Lentil soup with a wholemeal roll Peach Water	Mushroom and cheese omelette Baby boiled potatoes Cucumber sticks Rice pudding Water	Baked potato with baked beans (reduced sugar) Green salad Apple slices Fromage frais Water
Rice cakes Mini mozzarella balls and cherry tomatoes (quartered) Water	Crackers with houmous Carrot sticks Water	Oatcake with cottage cheese Grapes Water
Minced beef and vegetables with mashed potato (mashed with milk) Plain whole milk yogurt with strawberries Water	Tuna and sweetcorn pasta salad Broccoli Fresh fruit salad Water	Chicken curry with rice and a chickpea and spinach dahl Stewed plum with homemade custard Water
Milk	Water	Water

Avoid adding salt to your little one's food. Flavour foods with herbs and spices instead of salt when cooking.

