## Menu ideas for the one-to-fives

### Breakfast
- **Day 1**: Porridge with milk, Satsuma, Water
- **Day 2**: Wheat bisk with milk and dried chopped apricots, Water
- **Day 3**: Scrambled egg with tomatoes and toasted buttered muffin, Milk

### Mid-morning
- **Day 1**: Banana, Water
- **Day 2**: Sliced pear, Milk
- **Day 3**: Red pepper sticks, Water

### Lunch
- **Day 1**: Lentil soup with a wholemeal roll, Peach, Water
- **Day 2**: Mushroom omelette with cheese, Baby boiled potatoes, Cucumber sticks, Rice pudding, Water
- **Day 3**: Baked potato with baked beans (reduced sugar), Green salad, Apple slices, Fromage frais, Water

### Mid-afternoon snack
- **Day 1**: Ricecakes, Mini mozzarella balls and cherry tomatoes (quartered), Water
- **Day 2**: Crackers with houmous, Carrot sticks, Water
- **Day 3**: Oatcake with cottage cheese, Grapes, Water

### Tea/dinner
- **Day 1**: Minced beef and vegetables with mashed potato (mashed with milk), Plain whole milk yogurt with strawberries, Water
- **Day 2**: Tuna and sweetcorn pasta salad, Broccoli, Fresh fruit salad, Water
- **Day 3**: Chicken curry with rice and a chickpea and spinach dahl, Stewed plum with homemade custard, Water

### Evening Drink
- **Day 1**: Milk
- **Day 2**: Water
- **Day 3**: Water

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

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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.