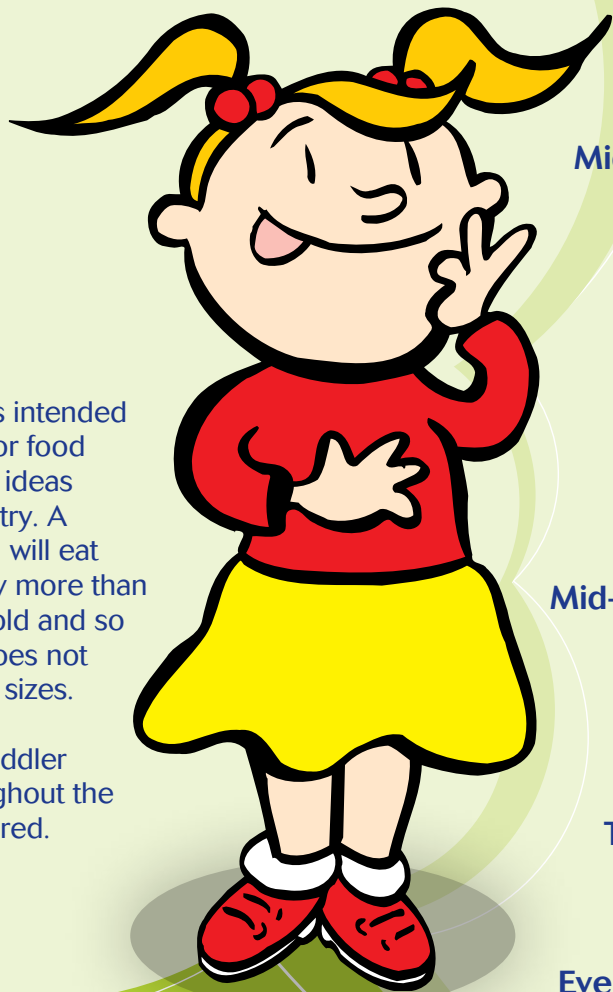


Menu ideas

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

Porridge with milk

Satsuma

Water

Wheat bisk with milk and dried chopped apricots

Water

Scrambled egg with tomatoes and toasted buttered muffin

Milk

Mid-morning

Banana

Water

Sliced pear

Milk

Red pepper sticks

Water

Lunch

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

Mid-afternoon snack

Rice cakes

Mini mozzarella balls and cherry tomatoes (quartered)

Water

Crackers with houmous

Carrot sticks

Water

Oatcake with cottage cheese

Grapes

Water

Tea/dinner

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

Evening Drink

Milk

Water

Water



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