

Feeding Under 5s



Community
Food & Nutrition Team



Western Health
and Social Care Trust

A Nutrition Guide on Healthy Eating and Recipe Book for Children Under 5.

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The Importance of Good Nutrition From the Start

Children under the age of five have special nutritional requirements as they are growing rapidly and becoming more active. Healthy eating habits are established in early childhood, therefore it is important that good nutrition is encouraged at this stage and carried through to adulthood.

Poor nutrition in the early years of life can prove detrimental to health in the long term for example; tooth decay, obesity, diabetes, coronary heart disease (CHD) and high blood pressure. Children should be joining in family meals by the age of one. It is important that they eat a variety of foods to obtain a wide range of essential vitamins and nutrients.

Nutrition for Children Aged 1-5 Years

Children under the age of five have very high energy and nutrient requirements relative to their small size.

Growth in toddlers and pre-school children is slower than in infancy (up to 1 year) but still remains steady and constant.

This slower growth may be noticeable following a decrease in appetite; however it is essential that their specific nutritional requirements are met through the consumption of a wide range of foods.

Children aged between 1 and 5 years should eat small amounts of a variety of food frequently throughout the day. Ideally this can be achieved through 3 small meals (breakfast, lunch, dinner) and 2-3 nutritious snacks to help ensure they receive all of the energy and nutrients they need.

Key nutrients required by pre-school children include;

- Energy • Protein • Iron • Calcium •
- Vitamins A, C + D • Fibre • Fluid •



A child's stomach is the size of their fist or a ping pong ball meaning they only need small amounts of food in order to feel full.

The Eatwell Guide

The Eatwell Guide is the UK's national food guide which represents the various foods and drinks we should eat and their proportions to achieve a healthy well balanced diet.

The Guide divides foods and drinks into 5 main groups. The proportions shown represent food consumption over a day or week, not necessary at each meal time.

Children between the age of 2 and 5 years should be gradually introduced to the Eatwell guide.



Potatoes, Bread, Rice, Pasta & Other Starchy Carbohydrates

Children should consume at least 1 serving per meal. 1 serving is equivalent to

- 1 slice of bread • 1 small potato • 3 tbsp. cooked pasta •
- 2 heaped tbsp. cooked rice • 2 tbsp. cereal •

Servings should be increased according to appetite.

Fruit & Vegetables

Children should consume 5 child size servings per day. 1 serving is equivalent to:

- ½ apple, banana, pear, orange • 1 piece of smaller fruit – kiwi, plum •
- 1 tbsp. tinned or stewed fruit (in their own juice) • 1 tbsp. cooked vegetables •
- 1 tbsp. chopped raw or salad vegetables • ½ cup small fruits e.g. berries •

Fruit juices/smoothies are very acidic and can lead to tooth decay therefore if given they should be well diluted (1 part juice 10 parts water) and only served at meal times.

Beans, Pulses, Fish, Eggs & Other Proteins

Children should consume 2 servings per day. 1 serving is equivalent to:

- 40g – 50g beef, pork, chicken, fish, lamb • 2 fish fingers •
- 1 egg • 2-3 tbsp. baked beans •

Limit processed meats to once a week as they are high in salt (e.g. 4 chicken nuggets, 2 sausages)

Dairy & Alternatives

Children should consume 2-3 servings per day. 1 serving is equivalent to:

- 350-600 ml full fat milk per day • 1 serving = 25g cheese •
- 125g natural full fat yoghurt • 1 bowl of milk pudding •

Oils & Spreads

These refer to unsaturated oils e.g. rapeseed oil & vegetable oil and should be used in small amounts.

Foods High in Fat & Sugar

These refer to foods such as butter, crisps, chocolate, sweets, buns & cakes. These foods should only be eaten occasionally and should not replace key nutrients. High consumption can lead to childhood obesity and tooth decay.



Key Nutrients

Energy Toddlers and preschool children have high energy requirements because they are growing, developing and becoming more active. Rolling, crawling, running, jumping and playing require lots of energy.

Protein requirements are high in preschool children to support growth and muscle development.

Iron is an essential micronutrient that supports children's growth, brain development and building a healthy immune system. Iron deficiency anaemia is a common disorder among toddlers therefore iron rich foods (e.g. red meat & green leafy vegetables) should be included in their diet.

Vitamin C helps with iron absorption and should be consumed along with iron rich foods. Vitamin C also plays a role in our skin health.

Calcium is important for the development of healthy bones and teeth. Dairy products including milk, cheese and yoghurts are rich sources of calcium.

Fibre Children require small amounts of fibre and they should be gradually introduced to higher fibre foods between the age of 2 and 5. A diet high in fibre can leave children feeling very full meaning they may not receive all essential nutrients. Foods of varying fibre content should be offered for example; 50/50 bread, white, wholegrain and wholemeal varieties.

Fluid Water and milk are the recommended fluids for toddlers and preschool children. These fluids should be consumed along with fibre rich foods to aid absorption, protect bowel health and prevent constipation (common among toddlers).

A note for children on a Vegetarian diet Iron and calcium rich foods come from predominately animal origin therefore it is important that children following a vegetarian diet receive a variety of plant based foods high in these nutrients. Meat alternatives include Quorn, tofu, pulses, beans and lentils. Dairy alternatives e.g. soya & nut milks should be unsweetened and fortified with calcium.

Dental Health

Establishing good dental health in early childhood is vital to help prevent dental problems such as tooth decay.

Tips for Good Oral Health

Brush teeth twice a day with a fluoridated toothpaste.

Don't offer foods or drinks high in fat or sugar especially between meals as this is when they are most damaging to teeth.

Avoid sugary snacks and drinks. Choose pancakes, crackers or vegetable sticks.

Dried foods e.g. raisins should be included in main meals because they are a concentrated source of sugar.

Be aware of hidden sugar in foods.

Listed below are names of sugars to look out for in food products. Try to avoid to help protect your children's teeth!

- **Sucrose**
- **Glucose**
- **Syrup**
- **Honey**
- **Nectar**
- **Corn Syrup**
- **Brown Sugar**
- **Molasses**



Toddlers and Vitamin D

Vitamin D is vital for healthy bone growth. It helps with calcium absorption, thereby supporting the development of strong bones and teeth.

Sunlight is the main source of vitamin D but certain foods do contain a small amount of vitamin D. These include: Oily fish (e.g. Salmon, sardines & kippers), meat & eggs (contain very small amounts) and full fat milk.

Vitamin D supplements are recommended for most of the population and the amounts are outlined below.

Infants (including babies who are exclusively or part breastfed) from birth to one year of age unless they are drinking 500ml or more of formula each day.

8.5 – 10 micrograms per day throughout the year

Children aged between 1 and 4 years

10 micrograms per day throughout the year

Everyone aged 5 years and over (including pregnant and breastfeeding women)

10 micrograms per day during autumn and winter months



Top Tips for Fussy Toddlers

What your toddler eats can have a big influence on their future development including their brain development.

DO

Offer your toddler a variety of foods and tastes.

Offer 2-3 healthy snacks in between meal times such as fruit, vegetable sticks and hummus, cheese on crackers, and yoghurts.

Praise your toddler when they finish their meal or try a new food.

Include them in food preparation and food shopping.

Make meal times more fun using colourful plates, having a picnic, or having dinner outside.

Eat together as a family and make mealtime's relaxed, happy occasions.

Remove uneaten food without comment.

Keep calm.

DON'T

Force-feed your toddler as your toddler will eat according to their appetite.

Shout at your toddler at mealtimes as they will associate mealtimes negatively.

Offer foods high in sugars such as sweets and sugary drinks.

Give your toddler too many drinks throughout the day as this will fill them up too much

Use sweets or snacks as a reward because this will make these foods seem more desirable to your toddler.



Breakfast Ideas

Perfect Porridge & Fruit Topping

Porridge is a quick, nutritious breakfast for children. This meal will leave them fuller for longer and provide them with plenty of energy. Serves 1.

Ingredients

15g porridge oats
100 ml full fat milk
½ apple/banana/pear
Small handful of cranberries
½ tsp. cinnamon

Equipment

2 saucepans
Hard plastic mixing spoon
Sharp knife
Chopping board
Teaspoon
Serving bowl

Method

1. Add milk to the porridge oats, place in a saucepan and bring to the boil.
2. Slice the apple/banana in half & slice in to small pieces.
3. In a separate saucepan add fruit & water and stir until soft.
4. Once the porridge oats are cooked place in a serving bowl & top with stewed fruit & sprinkle cinnamon on top.
5. Enjoy!

Breakfast Kebabs

These kebabs are fun, colourful and easy to make. They are a great way to get the children involved with the preparation and cooking. Serves 1.

Ingredients

1 slice wholemeal or 50/50 bread
Fruit of your choice (e.g. banana/apple)
½ - 1 tbsp. smoot peanut butter

Equipment

Chopping board
Sharp Knife
Tablespoon
Toaster
Skewer

Method

1. Place the slice of bread in the toaster to toast.
2. Slice your choice of fruit.
3. Spread the peanut butter on the toast.
4. Cut the toast in to 1/4s and build a kebab (piece of toast, fruit, toast).
5. Enjoy!



Choose a variety of fruit, they offer different vitamins and minerals

Fruit Bagel

Similar to the breakfast kebabs these bagels are easy to prepare and are great to get children involved with their preparation. Top with banana, blueberries or strawberries! Serves 1.

Ingredients

- ½ plain/ wholemeal bagel
- ½- 1 tbsp. smooth peanut butter or cream cheese
- Fresh fruit of your choice

Equipment

- Toaster
- Knife
- Chopping board
- Tablespoon

Method

1. Place the bagel in the toaster to toast.
2. Slice/chop the fruit of your choice in to slices or chunks.
3. When the toaster pops spread the peanut butter or cream cheese on the bagel.
4. Top the bagel with fruit & serve with a glass of milk.

Boiled Egg & Avocado Soldiers

This everyday breakfast is perfect for children providing essential nutrients to support healthy growth and development. Serves 1.

Ingredients

- 1 slice wholemeal or 50/50 bread
- Fruit of your choice (e.g. banana/apple)
- ½ - 1 tbsp. smooth peanut butter
- 1 egg
- ½ avocado
- 1 slice of bread (white/wholemeal or 50/50)

Equipment

- Saucepan
- Chopping board
- Sharp Knife
- Butter knife
- Toaster
- Fork
- Bowl
- Spoon

Method

1. Boil water in a saucepan, add the egg & boil for 6 minutes.
2. Cut the avocado in half & remove the stone. Use a spoon to remove the flesh & place in a bowl.
3. Mash the avocado with a fork until it becomes a soft texture.
4. Pop the slice of bread in the toaster.
5. Spread the mashed avocado on the toast, cut in to soldiers & serve with the egg.

Avocados contain healthy fats essential for brain development!

Breakfast Ideas

Easy Peasy Pancakes

These 2 ingredient pancakes take less than 15 minutes to prepare. They are the perfect breakfast treat at the weekend. Makes 1-2 pancakes.

Ingredients

- 1 banana
- 1 egg
- 1 tbsp. unsaturated oil
- e.g. rapeseed/ olive oil
- 1 tbsp. natural yoghurt (optional)
- Fruit of your choice (optional)

Equipment

- 1 bowl
- 1 fork
- Frying pan
- Spatula
- Tablespoon

Method

1. Crack the egg into a bowl & whisk with fork.
2. Add the banana, mash & mix well.
3. Heat the oil on the frying pan & add the pancake mixture.
4. Cook for 3-5 minutes on one side then flip using the spatula & cook the other side for 3-5 minutes.
5. Serve with natural yoghurt & fruit topping.



Cheesy Omelette

Omelettes are another great breakfast that your children can get involved in the preparation and cooking of. Let them choose their fillings by offering a range of vegetables. Serves 1.

Ingredients

- 1 egg
- 25g grated cheese
- 1 tbsp. vegetables (spinach, tomatoes, peppers, mushrooms, onion)
- 1 tbsp. unsaturated oil

Equipment

- Chopping board
- Sharp Knife
- Bowl
- Frying pan
- Tablespoon/fork
- Spatula
- Grater

Method

1. Heat the oil on the frying pan.
2. Beat the egg with ½ tbsp. water & pour in to the frying pan.
3. Prepare the filling whilst the egg is cooking : grate the cheese, chop the tomatoes/other vegetables.
4. Once the eggs are nearly cooked (slightly runny) add the cheese & vegetables to one side of the omelette.
5. Once the cheese has melted slightly fold half of the egg over the filling.
6. Remove from the pan when golden brown & serve!

Roasted Vegetable Pasta Salad

This colourful collection of roasted vegetables is bursting with vital nutrients and is a great lunch for children. Serves 4

Ingredients

1 Red onion
1 Red & yellow pepper
1 courgette
200g broccoli
6 Cherry tomatoes (quartered)
2 tbsp. unsaturated oil
1 tsp. dried oregano
300g pasta shapes

Equipment

Chopping board
Sharp knife
Large bowl
Saucepan
Colander
Tablespoon
Teaspoon
Baking tray
Spatula

Method

1. Preheat oven to 200 degrees Celsius.
2. Chop the vegetables & place in a large bowl with the oil & oregano, mixing well.
3. Divide the vegetables on a baking tray & roast in the oven, turning once.
4. Boil water in a saucepan & add the pasta shapes. Once cooked drain under cold water & leave to cool.
5. Once the vegetables have cooked set aside to cool before mixing with the pasta.
6. Once cooled add the vegetables to the pasta & serve.



Roasted Red Pepper & Tomato Soup

This mouth-watering soup is packed with essential nutrients, vitamins & minerals. It is perfect to take the chill out of those winter days! Serves 4.

Ingredients

2 red peppers
600g ripe tomatoes (quartered)
1 onion
2 cloves garlic
400g tinned plum tomatoes
1 litre reduced salt vegetable stock
2 tbsp. unsaturated oil
Ground black pepper (for seasoning)
Handful of fresh basil (for garnish)

Equipment

Baking tray
Tablespoon
Measuring jug
Large saucepan
Hard plastic mixing spoon
Chopping board
Sharp knife
Blender

Method

1. Preheat the oven to 200 degrees Celsius. Add the peppers, ripe tomatoes, onion & garlic cloves to a baking tray, drizzle with the oil & roast for 30 minutes.
2. Whilst the vegetables are roasting make up the vegetable stock.
3. In a large saucepan add the vegetable stock & tinned tomatoes.
4. Remove the vegetables from the oven. Peel the onion & garlic. Chop the onion, garlic, peppers & tomatoes roughly & add to the pan.
5. Season with ground black pepper
6. Bring to the boil, reduce the heat & simmer for 30 minutes.
7. Remove from the heat, leave to cool & blend until smooth.
8. Garnish with fresh basil & serve with ciabatta/granary or tiger bread!



Cracking Cottage Pie

This cottage pie is a great dish that can be enjoyed by the whole family. Leftovers are suitable for freezing. Serves 5.

Ingredients

500g Turkey Mince
700g sweet potatoes (peeled)
1 onion (chopped)
2 cloves of garlic (crushed)
150g button mushrooms
2 red peppers deseeded & chopped)
500g carton passata
2 tbsp. tomato puree
1 reduced salt chicken stock cube
1 tbsp. unsaturated oil
Dried mixed herbs

Equipment

Chopping board
Sharp knife
Tablespoon
2 large saucepans
Measuring jug
Hard plastic mixing spoon
Oven-proof dish (large)

Method

1. Add the oil to a saucepan & heat over a medium heat. Add the onion & fry for 2 minutes.
2. Add the garlic, turkey mince, mushrooms & peppers to the pan. Cook until meat is cooked thoroughly (all white/starting to brown slightly).
3. Add the stock cube to 200ml boiling water & add to the pan.
4. Add the passata & tomato puree, mixing well. Bring to the boil then simmer for 30 minutes.
5. Preheat oven to 180°C.
6. Whilst the turkey mixture is simmering, boil the sweet potatoes for approx 15-20 minutes. Drain & mash with mixed herbs.
7. When the turkey mixture is cooked spoon into an ovenproof dish & top with the mashed sweet potato, place in the oven & bake for 25 minutes.
8. Serve with green vegetables

Curried Fried Rice

A healthier alternative to the Chinese takeout! Serves 4.

Ingredients

500g skinless chicken breasts
2 red onions (chopped)
2 cloves garlic (crushed)
1 green pepper (deseeded & diced)
2 tbsp. unsaturated oil
2 tbsp. mild curry powder
500g long grain/ wholegrain rice
Handful of spinach (to top)

Equipment

Wok/frying pan
2 tablespoons
2 chopping boards
2 sharp knives
Hard plastic mixing spoon
Saucepan
Measuring jug
Colander

Method

1. Heat the oil on the wok/frying pan over a medium heat.
2. Slice your chicken in to strips or chunks (your choice).
3. Add the chopped onion & garlic to the wok/frying pan and stir fry for 1 min
4. Add the chicken, bell pepper & curry powder and stir-fry until the chicken is cooked thoroughly (no pink bits).
5. In a separate pot add 1lite boiling water to the rice, cook for 10-15 minutes, drain & add to the wok/frying pan mixing thoroughly.
6. Add a handful of spinach to the wok/frying pan and cook until it is slightly wilted.
7. Serve.

Savoury Meatballs & Tagliatelle

This is a simple comforting dinner suitable for the whole family to enjoy! Serves 4.

Ingredients

500g mince beef (rolled into small balls)
1 red onion (chopped)
2 cloves of garlic (crushed)
1 x 400g tinned chopped tomatoes
400g tagliatelle
1 tbsp. unsaturated oil
½ bunch fresh basil (chopped)

Equipment

1 Saucepan
Frying pan
Tablespoon
2 chopping boards
2 sharp knives
Hard plastic mixing spoon
Colander

Method

1. In a large saucepan boil water.
2. Heat the oil in a frying pan over a medium heat.
3. Add the chopped onion and garlic to the pan & fry for 2 minutes.
4. Add the chopped tomatoes & bring to the boil.
5. Add the meatballs & cook through until there are no pink bits, reduce the heat & simmer for 6 minutes.
6. Add the spinach & cook for 2-3 minutes until it wilts.
7. Add the tagliatelle to the saucepan and cook for 5 minutes & then drain the pasta.
8. Add the tagliatelle to the meatball mixture mixing for 1-2 minutes.
9. Garnish with fresh basil and serve
10. Enjoy!



Mini Turkey Burgers

These burgers are a healthy alternative to the typical burger. They are packed with protein and are the perfect size for children. Serves 4.

Ingredients

450g turkey mince
1 Onion (chopped)
1 clove of garlic (crushed)
1 egg beaten
Ground black pepper
Mini wholemeal bread rolls

For Hummus

1 clove of garlic (crushed)
1 400g can chickpeas
3½ tbsp. lemon juice
2 tsp. Tahini

Equipment

Large bowl
Hard plastic mixing spoon
Frying pan
Tablespoon & teaspoon
Food processor/ Blender
Chopping board
Sharp knife

Method

1. Mix the turkey mince, onion, 1 clove of garlic & egg in a bowl. Season with black pepper.
2. Divide the mixture into equal portions shaping each like a burger.
3. Heat the oil on a frying pan and add 4 burgers turning 2 – 3 minutes until cooked through.
4. Add all of the hummus ingredients to a food processor & blend for approx. 3 minutes.
5. Place the turkey burgers in to the wholemeal rolls, add the hummus & enjoy!

Tasty Tacos

These Mexican classics can be enjoyed by the whole family, allowing everyone to choose their filling. Serves 4.

Ingredients

340g Lean minced beef
½ tsp. cumin
1 tsp. cayenne pepper
2 cloves of garlic (crushed)
1 tsp. dried oregano
340g Pasatta
30g lettuce leaves (chopped)
2 tomatoes (chopped)
30g reduced fat cheddar cheese (grated)
½ avocado (chopped)
1 onion (chopped)
4 tbsp. natural yoghurt
8 Tortilla wraps

Equipment

Saucepan
Hard plastic mixing spoon
Baking tray
Tablespoon & teaspoon
Tinfoil
Grater
Chopping board

Method

1. Preheat the oven to 200 degrees Celsius.
2. Add the beef mince to a saucepan & cook through (no pink bits).
3. Add the onion, cumin, cayenne pepper, garlic, oregano & pasatta, bringing to the boil, then reducing the heat letting the mixture simmer.
4. Wrap the Tortillas in tin foil, place on a baking tray & put in the oven, baking for approximately 3-5 minutes.
5. Remove from oven and divide the meat mixture evenly among the wraps.
6. Then let everyone add their own toppings.
7. Enjoy!



Chicken, Leek & Ham Pie

This is a meal the whole family can enjoy together. A pie is a great way to include more vegetables in your child's diet. Why not add sweetcorn, peas or broccoli to increase vegetable content even more! Serves 5.

Ingredients

2 tsp. unsaturated oil
1 onion (chopped)
2 cloves of garlic (crushed)
1 leek (washed, trimmed & cut in to thin slices)
1 chicken stock cube
5 skinless chicken breasts
100g sliced ham
2 tbsp. plain flour
300g reduced fat crème fraiche
Ground black pepper
3 sheets of filo pastry (38 x 30 cm)
1½ - 2 tsp. sunflower oil

Equipment

Saucepan
Hard plastic mixing spoon
Oven proof dish (1.5l)
Bowl
Measuring jug
Pastry brush
2 sharp knives

Method

1. Heat the unsaturated oil in a pan, adding the onions & garlic. Cook for 5 minutes until the onions soften.
2. Add the leek, cook for a further minute stirring continually.
3. Make up the chicken stock cube in 150ml water & add to the pan.
4. Continue stirring until half of the liquid is reduced.
5. Chop the chicken into cubes and add to a large bowl.
6. Cut the ham into strips & add to the bowl with the chicken, mixing together.
7. Preheat the oven to 200°C.
8. Add the pan mixture & crème fraiche to the bowl mixture. Season with black pepper. Stir until all ingredients are combined.
9. Spoon the mixture in to an oven proof pie dish.
10. Pile the filo pastry sheets on top of each other, cut through all layers dividing in to 9 rectangles.
11. One at a time brush each rectangle with sunflower oil & loosely scrunch.
12. Cover the filling mixture with the scrunched filo sheets, place in the oven & bake for 30-35 minutes.
13. Serve with fresh vegetables.

Fun Fruit Crumble

This recipe is packed with a collection of delicious fruit and can be enjoyed by the whole family. This is a great recipe to get children involved with the preparation.

Ingredients

8 eating apples
1 teaspoon of cinnamon
1 banana (ripe)
½ orange
1 punnet raspberries or blackberries
150g butter taken from the fridge just before use
125g flour (plain)
50g porridge oats
25g crushed bran flakes

Method

1. Preheat oven to 200°C/180°C fan/gas 6.
2. Peel, core and grate apples, place in a bowl, add mashed banana and cinnamon, mix well.
3. Add the juice from halved orange.
4. In a separate bowl mix the flour and oats, rub in the butter, add slightly crushed bran flakes and sugar, mixture should resemble a crumble consistency.
5. Add fruit mixture to a baking dish and sprinkle over crumble topping.
6. Place in the oven for 20 mins or until topping is golden brown.
7. Serve with custard or full fat natural yogurt.

Strawberry Icy Cream

This home-made ice cream is simple and refreshing. Packed with natural goodness this is the perfect treat that can be enjoyed by the whole family. Serves 4.

Ingredients

2 x 50g pots of strawberry fromage frais
50g mascarpone cheese
50g strawberries
1 drop of vanilla essence

Equipment

Large freezable container with lid
Hand blender
Bowl
Mixing Spoon

Method

1. Mix the yoghurt and cheese together, put into a dish (suitable for the freezer) and freeze for 2 hours.
2. Puree the strawberries and vanilla essence — mix together with the frozen yoghurt.



Meal Plan

This meal plan follows the guidelines from the Eatwell guide including foods from all sections to help ensure your child receives a healthy balanced diet.

This meal plan is an example. Children between the age of 1 & 5 years will have varying appetites & nutritional requirements depending on age & therefore may not eat or need as much as that displayed.

Remember to use child size portions not adult size portions.

Vitamin A, C & D supplements should be taken in along with meals & snacks.



	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday	Porridge, milk, banana & cinnamon Glass of water	Carrot sticks & hummus Glass of milk	Chicken salad wrap, natural yoghurt & fruit Glass of water	Unsalted rice cakes & smooth peanut butter, mandarin slices Glass of water	Cottage pie & green vegetables Custard & peach slices Glass of water	Pancake Glass of milk
Tuesday	Boiled egg + avocado toast Glass of milk	Apple crisps & peanut butter Glass of water	Roasted red pepper & tomato soup & bread roll Glass of water	Fruit scone & glass of milk	Curried fried rice, fromage frais & mixed berries Glass of water	Unsalted crackers & cheddar cheese cubes Glass of water
Wednesday	Weetabix, milk & sliced strawberries Glass of water	Pepper slices & hummus Glass of milk	Tuna pasta salad, melon chunks Glass of water	Crispbread & cheddar cheese cubes Glass of water	Savoury meatballs & tagliatelle Slice of banana bread/fruit loaf Glass of water	Slice of toast Glass of milk
Thursday	Fruit bagel Glass of milk	Pineapple chunks & cheddar cheese cubes Glass of water	Roasted vegetable pasta salad & pear slices Glass of water	Egg muffins Glass of milk	Turkey burgers & sweet potato fries Rice pudding Glass of water	Weetabix & milk Glass of water
Friday	Cheesy omelette Glass of milk	Banana Glass of water	Pitta pizza Mango fingers Glass of water	Crispbread, cream cheese & sliced cucumber Glass of milk	Salmon fish fingers & homemade chips Sugar free jelly Glass of water	Apple & carrot muffin Glass of water
Saturday	Ready Brek (plain), milk & stewed apple Glass of water	Breadsticks & hummus Glass of milk	Egg & cress sandwich Kiwi slices Glass of water	Wheaten bread & butter (small amount) Glass of milk	Vegetarian curry Fruit yoghurt smoothie (homemade) Glass of milk	Plain popcorn Glass of water
Sunday	Pancakes, natural yoghurt & mixed berries Glass of water	Celery sticks & cottage cheese Glass of milk	Baked beans on wholemeal toast Plum slices (destoned) Glass of water	Unsalted crackers & cheddar cheese cubes Glass of water	Chicken, leek & ham pie Strawberry icy cream, Glass of water	Plain scone Glass of milk

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