

Wheat biscuits



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Wheat biscuits	38g (2 biscuits)
Milk	100ml
Raisins	25g (1 tablespoon)
Toasted crumpet	25g (½ crumpet)
Vegetable oil spread	2g (thinly spread)
Drink: Water	100ml

Typical portion size for 1-4 years

Serving suggestion:

Infants 7-12 months

Add a wheat biscuit to 100ml whole milk and leave to soften as required. Top with 15g finely chopped raisins, and serve with 25g strips of pear as a finger food.

* **Allergy Information:** Contains barley (gluten), milk, wheat (gluten) *

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.

Autumn / Winter
1-4 years



Porridge



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Porridge	100g
Stewed apple and dates	40g
Drink: Water	100ml

Typical portion size for 1-4 years

Serving suggestion:

Infants 7-12 months

Serve 100g porridge made with whole milk with about 25g stewed apples and blackberries. Leave some apple slices hard enough to hold as a finger food.

* **Allergy Information:** Contains milk, oats (gluten) *

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.

Autumn / Winter
1-4 years



Malt wheat cereal



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Malt wheat cereal	25g
Milk	100ml
Plain pancakes	25g (½ large)
Banana slices	40g
Drink: Water	100ml

Typical portion size for 1-4 years

Serving suggestion:

Infants 7-12 months

Add about 20g malt wheat cereal to 100ml whole milk and leave to soften as required. Serve with about 25g banana, cut into sticks as a finger food.

* **Allergy Information:** Contains barley (gluten), egg, milk, wheat (gluten)*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.

Autumn / Winter
1-4 years





Preparation time: None

Cooking time: None

Ingredients

Quantity

Egg	50g (1 egg)
Tomato slices	40g (2 large slices, chopped)
Wholemeal toast	30g (1 medium slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml
Typical portion size for 1-4 years	

Serving suggestion:

Infants 7-12 months

Serve 50g cooked egg and 25g sliced mushrooms with $\frac{3}{4}$ slice wholemeal toast and spread, cut into fingers.

* **Allergy Information:** Contains egg, milk, soya, wheat (gluten)*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.

Autumn / Winter
1-4 years



Plain whole milk yoghurt



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Plain whole milk yoghurt	60g (1½ tablespoons)
Seasonal fruit	40g
Cornflakes	25g (3 tablespoons)
White toast	25g (1slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml

Typical portion size for 1-4 years

Serving suggestion:

Infants 7-12 months

Add about 20g cornflakes to 100ml whole milk and leave to soften as required. Serve with about 25g seasonal fruit eg plum quarters as a finger food.

* **Allergy Information:** Contains barley (gluten), milk, soya, wheat (gluten)*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.

Autumn / Winter
1-4 years

