

Carrot and Pepper sticks



S

Preparation time: None

Cooking time: None

Ingredients	Quantity
Carrot sticks	20g
Pepper sticks	20g
Drink: Water or milk	100ml

Typical portion size for 1-4 years

* **Allergy Information:** Contains milk*

* 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



Banana slices and Wholemeal toast



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Banana slices

40g

Wholemeal toast

30g (1 slice)

Drink: Water or milk

100ml

Typical portion size for 1-4 years

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

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Autumn / Winter
1-4 years



Rice cakes and Cream cheese



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Rice cakes

16g (2 cakes)

Cream cheese

15g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

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Autumn / Winter
1-4 years



Plain whole milk yoghurt and Pear slices



S

Preparation time: None
Cooking time: None

Ingredients

Quantity

Plain whole milk yoghurt

60g (1½ tablespoons)

Pear slices

40g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

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Autumn / Winter
1-4 years



Crackers with spread and grapes sliced



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Crackers	16g (2 crackers)
Vegetable oil spread	4g
Grapes, sliced lengthways and into quarters	40g (8)
Drink: Water or milk	100ml
Typical portion size for 1-4 years	

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Autumn / Winter
1-4 years



Cheese sticks and Tomato slices



S

Preparation time: None

Cooking time: None

Ingredients

Cheese sticks

Tomato slices

Drink: Water or milk

Typical portion size for 1-4 years

Quantity

15g

40g (2 large slices, chopped)

100ml

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Autumn / Winter
1-4 years



Toasted wholemeal pitta fingers and Cucumber sticks with Mint raita



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Toasted wholemeal pitta fingers	35g (½ pitta)
Mint raita (see below)	50g (1½ tablespoons)
Cucumber sticks	20g
Drink: Water or milk	100ml
Typical portion size for 1-4 years	

Mint raita

Preparation time: 10 minutes

Cooking/assembly time: 5 minutes

Ingredients

Quantity (serves 5)

Quantity (serves 20)

Fresh mint	5g (4-6 sprigs)	20g (1 small bunch)
Cucumber	50g	400g
Plain whole milk yoghurt	100g	600g
Lemon juice	5ml (1 teaspoon)	20ml (2 tablespoons)

Typical portion size for 1-4 years: 50g

Included in: Spring/summer and autumn/winter menus

Method

1. Dice the mint and cucumber.
2. Combine with the yoghurt, and lemon juice.

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Autumn / Winter
1-4 years



Pineapple sticks



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Pineapple sticks

40g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

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Autumn / Winter
1-4 years



Plum slices and Satsuma segments



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Plum slices

20g

Satsuma segments

20g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

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Autumn / Winter
1-4 years



Toasted English muffin with spread and Carrot sticks



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Toasted English muffin

35g (½ muffin)

Vegetable oil spread

4g (thinly spread)

Carrot sticks

40g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

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Autumn / Winter
1-4 years

