

Breadsticks with mixed vegetables



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Breadsticks

15g (2 large)

Mixed vegetable sticks

40g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

* **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.

Spring / Summer
1-4 years



Cheese and tomato



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Cheese, cut into sticks

15g

Tomato slices

40g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

* **Allergy Information:** Contains milk*

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Spring / Summer
1-4 years



Toasted crumpet with strawberries



S

Preparation time: None

Cooking time: None

Ingredients

Toasted crumpet

Vegetable oil spread

Strawberry slices

Drink: Water or milk

Typical portion size for 1-4 years

Quantity

50g (1 crumpet)

4g (thinly spread)

40g

100ml

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

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Spring / Summer
1-4 years



Pineapple slices



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Pineapple slices

40g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

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Spring / Summer
1-4 years



Greek whole milk yoghurt and grapes



S

Preparation time: None
Cooking time: None

Ingredients

Quantity

Greek whole milk yoghurt	60g (1 ½ tablespoons)
Grapes, sliced lengthways and in quarters	40g
Drink: Water or milk	100ml

Typical portion size for 1-4 years

* **Allergy Information:** Contains milk*

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Spring / Summer
1-4 years



Mashed avocado and pitta bread



S

Preparation time: None

Cooking time: None

Ingredients

Mashed avocado

Toasted pitta bread

Drink: Water or milk

Typical portion size for 1-4 years

Quantity

40g

35g (½ pitta or 1 mini)

100ml

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

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Spring / Summer
1-4 years



Wholemeal toast



S

Preparation time: None

Cooking time: None

Ingredients

Wholemeal toast

Vegetable oil spread

Mangetout

Drink: Water or milk

Typical portion size for 1-4 years

Quantity

30g (1 medium slice)

4g (Thinly spread)

40g

100ml

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

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Spring / Summer
1-4 years



Seasonal chopped mixed fruit



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Seasonal chopped mixed fruit

40g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

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Spring / Summer
1-4 years



Banana slices



S

Preparation time: None
Cooking time: None

Ingredients

Quantity

Banana slices

40g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

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Spring / Summer
1-4 years



Cucumber and carrot sticks



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Cucumber sticks

20g

Carrot sticks

20g

Crackers

16g (2 crackers)

Cream cheese

15g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

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

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Spring / Summer
1-4 years

