

Peach slices with yoghurt



S

Preparation time: None

Cooking time: None

Ingredients

Peach slices

Plain whole milk yoghurt

Drink: Water or milk

Typical portion size for 1-4 years

Quantity

40g

60g (1½ tablespoons)

100ml

* **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.

Spring / Summer
1-4 years



Toasted crumpet



S

Preparation time: None

Cooking time: None

Ingredients

Toasted crumpet

Vegetable oil spread

Drink: Water or milk

Typical portion size for 1-4 years

Quantity

50g (1 crumpet)

4g (thinly spread)

100ml

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

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Spring / Summer
1-4 years



Breadsticks with carrot and pepper sticks



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Breadsticks

15g (2 large)

Carrot and pepper sticks

40g

Drink: Water or milk

100ml

Typical portion size for 1-4 years

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

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Spring / Summer
1-4 years



Banana slices and yoghurt



S

Preparation time: None

Cooking time: None

Ingredients

Banana slices

Plain whole milk yoghurt

Drink: Water or milk

Typical portion size for 1-4 years

Quantity

40g

60g (1 ½ tablespoons)

100ml

* **Allergy Information:** Contains milk*

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Spring / Summer
1-4 years



Mixed berries and yoghurt



S

Preparation time: None

Cooking time: None

Ingredients

Mixed berries

Plain whole milk yoghurt

Drink: Water or milk

Typical portion size for 1-4 years

Quantity

40g

60g (1 ½ tablespoons)

100ml

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Spring / Summer
1-4 years



Toasted pitta bread with tuna dip



S

Preparation time: None

Cooking time: None

Ingredients

Toasted pitta bread

Tuna dip (see below)

Drink: Water or milk

Typical portion size for 1-4 years

Quantity

35g (½ pitta or 1 mini)

40g

100ml

Tuna dip

Preparation time: 10 minutes

Cooking/assembly time: 5 minutes

Ingredients

Canned tuna, in spring water, drained

Mayonnaise

Plain whole milk yoghurt

Typical portion size for 1-4 years: 50g

Included in: Spring/summer menu

Quantity (serves 5)

200g (1½ x 160g cans, drained)

25g

25g

Quantity (serves 20)

800g (6½ x 200g cans, drained)

100g

100g

Method

1. Flake the tuna into a bowl.
2. Mash the fish with the mayonnaise and yoghurt to make a paste.

* **Allergy Information:** Contains fish, egg, milk, mustard, 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

Drink: Water or milk

Typical portion size for 1-4 years

Quantity

30g (1 slice)

4g (thinly spread)

100ml

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

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Spring / Summer
1-4 years



Pepper sticks with cheese



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Pepper sticks

40g

Cheese, sliced or cut into sticks

15g

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



Sugar snap peas and Houmous



S

Preparation time: None

Cooking time: None

Ingredients

Sugar snap peas

Houmous (see below)

Drink: Water or milk

Typical portion size for 1-4 years

Quantity

40g

40g (1 tablespoon)

100ml

Houmous

Preparation time: None

Cooking/assembly time: 5 minutes

Ingredients

Canned chickpeas, no added sugar or salt, drained

Lemon juice

Garlic, peeled

Ground cumin

Water

Olive oil

Typical portion size for 1-4 years: 40g

Included in: Spring/summer and autumn/winter menus

Quantity (serves 5)

125g
(1 x 210g can, drained)

10ml (2 teaspoons)

4g (1 clove)

1.5g (½ teaspoon)

30ml (2 tablespoons)

15ml (1 tablespoon)

Quantity (serves 20)

500g
(2 x 400g cans, drained)

40ml (2 tablespoons)

16g (4 cloves)

6g (2 teaspoons)

120ml (8 tablespoons)

60ml (4 tablespoons)

Method

1. Put all the ingredients into a blender or food processor and blend to form a smooth paste.
2. Cover and keep in the fridge until needed.

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Spring / Summer
1-4 years



Rice cakes



S

Preparation time: None

Cooking time: None

Ingredients

Quantity

Rice cakes	16g (2 cakes)
Cucumber sticks	20g
Tomato slices	20g
Drink: Water or milk	100ml

Typical portion size for 1-4 years

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Spring / Summer
1-4 years

