

Cucumber and carrot salad

T

Preparation time: 10 minutes

Cooking time: None

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Cucumber	100g	400g
Carrot, peeled	100g	400g

Typical portion size for 1-4 years: 40g

Included in: Autumn/winter menu

Method

1. Grate the carrot and cucumber and mix well. Alternatively, slice into vegetable sticks.

Serving suggestion: Serve with pitta pockets and egg mayonnaise.

Infants 7-12 months

Typical portion size: 30g.

* **Allergy Information:** None

* 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



Cucumber sticks

T

Preparation time: 5 minutes

Cooking time: None

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Cucumber	200g	800g

Typical portion size for 1-4 years: 40g
Included in: Spring/summer menu

Method

1. Cut the cucumber into sticks.

Serving suggestion: Serve with savoury omelette and potato salad.

Infants 7-12 months

Typical portion size: 25g.

* **Allergy Information:** None

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Spring / Summer
1-4 years



Grilled tomatoes

T

Preparation time: 5 minutes

Cooking time: 5 minutes

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Fresh tomato	150g (2½ small)	600g (9 small)

Typical portion size for 1-4 years: 30g
Included in: Spring/summer menu

Method

1. Pre-heat the grill to a medium heat.
2. Half the tomatoes and arrange on a baking tray.
3. Grill the tomatoes for 5 minutes or until heated through and softened.

Serving suggestion: Serve with sardine pate on toast.

Infants 7-12 months

Typical portion size: 25g.

* **Allergy Information:** None

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Spring / Summer
1-4 years



Mixed salad

T

Preparation time: 10 minutes

Cooking time: None

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Lettuce	30g	120g
Cucumber	30g	120g
Tomato	30g	120g

Typical portion size for 1-4 years: 4g

Included in: Autumn/winter menu

Method

1. Dice the cucumber and tomato. Roughly chop the lettuce and mix all the vegetables together.

Serving suggestion: Serve with mackerel pate or cheese and a jacket potato.

* **Allergy Information:** None

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Autumn / Winter
1-4 years



Mixed salad with beetroot

T

Preparation time: 10 minutes

Cooking time: None

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Lettuce	30g	120g
Cucumber	30g	120g
Celery	30g (1stick)	120g (4 sticks)
Beetroot	100g	400g

Typical portion size for 1-4 years: 45g

Included in: Autumn/winter menu

Method

1. Dice the cucumber and celery. Roughly chop the lettuce and mix all the vegetables together.

Serving suggestion: Serve with chicken or houmous pitta pockets.

* **Allergy Information:** Contains celery*

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Autumn / Winter
1-4 years



Preparation time: None
Cooking time: 5 minutes

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Frozen peas	200g	800g

Typical portion size for 1-4 years: 40g
Included in: Autumn/winter menu

Method

1. Boil in unsalted water until cooked.

Serving suggestion: Serve with wholemeal macaroni cheese.

Infants 7-12 months
Typical portion size: 30g.

* **Allergy Information:** None

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Autumn / Winter
1-4 years



Pepper and celery sticks

T

Preparation time: 10 minutes

Cooking time: None

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Red pepper, deseeded	160g (1 medium)	640g (4 medium)
Celery	100g (3 sticks)	400g (12 sticks)

Typical portion size for 1-4 years: 40g
Included in: Autumn/winter menu

Method

1. Cut the pepper and celery into sticks.

Serving suggestion: Serve with Mexican bean wraps.

Infants 7-12 months

Typical portion size: 30g.

* **Allergy Information:** Contains celery*

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Autumn / Winter
1-4 years



Pepper sticks

T

Preparation time: 5 minutes

Cooking time: None

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Red pepper	100g (½ large)	400g (2 large)
Green pepper	100g (½ large)	400g (2 large)

Typical portion size for 1-4 years: 40g

Included in: Spring/summer menu

Method

1. Wash and deseed the peppers.
2. Cut the pepper into sticks.

Serving suggestion: Serve with crustless quiche and potato salad.

Infants 7-12 months

Typical portion size: 25g.

* **Allergy Information:** None

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Spring / Summer
1-4 years



Sweetcorn

T

Preparation time: 5 minutes

Cooking time: 5 minutes

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Frozen sweetcorn	200g	800g

Typical portion size for 1-4 years: 40g
Included in: Spring/summer menu

Method

1. Boil the sweetcorn according to manufacturer's instructions.

Serving suggestion: Serve with salmon or lentil and broccoli pasta.

Infants 7-12 months

Typical portion size: 25g.

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Spring / Summer
1-4 years



Tomato relish

T

Preparation time: 5 minutes

Cooking time: 5 minutes

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	30g	120g
Red pepper, deseeded	40g	160g
Ground ginger	1.5g (½ teaspoon)	6g (2 teaspoons)
Chilli powder	1.5 g (½ teaspoon)	6g (2 teaspoons)
Caster sugar	7g (2 level teaspoons)	30g (1½ tablespoons)
Soft dark brown sugar	9g (2 level teaspoons)	35g (1½ tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Soy sauce, reduced salt	3ml (½ teaspoon)	12ml (2 teaspoons)

Typical portion size for 1-4 years: 40g

Included in: Spring/summer menu

Method

1. Chop the onion and pepper.
2. Put all the ingredients into a pan, bring to the boil and simmer until a thick sauce is formed.

Serving suggestion: Serve with tuna fish cakes or potato and lentil cakes.

Infants 7-12 months

Typical portion size: 25g.

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

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Spring / Summer
1-4 years

