

baby comes 2 baby equipment hire



Meal Ideas For the Under 5s

Breakfast

Porridge with sliced banana or chopped fruit
Wholegrain breakfast cereal with milk
Full fat yogurt or fromage frais with chopped fruit (fresh or canned)
Wholegrain or white toast with spreads and toppings such as low sugar jams, marmite, soft cheese, scrambled eggs

Mid-morning snack

Hummus and carrot sticks
Mashed avocado with breadsticks
Cheese and crackers
Fruit scone
Scotch pancake
Chopped fresh fruit
Fromage frais with dried fruit
Oatmeal biscuits with a glass of milk
Malt loaf
Flapjack or cereal bar
Fruit cake
Banana bread
Carrot cake
Fruit muffins

Lunch

Vegetable and bean soup with crusty rolls
Tuna pasta bake
Pasta with tomato and vegetable sauce
Spaghetti bolognaise
Cottage or Shepherd's pie
Meat or vegetable lasagna
Chicken or vegetable curry with rice
Beef Hot Pot
Chicken or mushroom risotto
Macaroni cheese
Baked potato with fillings: tuna and coleslaw, baked beans and grated cheese
Vegetable gratin

Cauliflower cheese
Salmon fishcakes with sweet potato wedges and salad
Tuna niscoise salad

Afternoon snack

Sandwiches with cheese, ham, tuna, chicken, egg, hummus, and salad
Toasted English muffins or crumpets with spread and soft cheese or fish pate
Pizza slices
Pitta pockets
Beans or sardines on toast