



SNACK Breadsticks, guacamole and cucumber and pepper sticks

## SNACK Breadsticks, guacamole and cucumber and pepper sticks

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Breadsticks	8g	6g	10g
Guacamole	30g	25g	35g
Cucumber and pepper sticks	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Guacamole

This recipe makes 12 child-size portions of about 30g.

- 2 large ripe avocados, peeled and stone removed
- 1 tablespoon olive oil
- 2 teaspoons lemon juice
- ½ teaspoon black pepper

1. Mash the avocado with the oil, lemon juice and pepper.
2. Cover and chill before serving.





SNACK Breadsticks, houmous dip and cherry tomatoes

## SNACK Breadsticks, houmous dip and cherry tomatoes

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Breadsticks	8g	6g	10g
Houmous dip	30g	25g	35g
Cherry tomatoes	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





SNACK Cream crackers and soft cheese, with cucumber and carrot sticks

## SNACK Cream crackers and soft cheese, with cucumber and carrot sticks

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Cream crackers	10g	8g	12g
Soft cheese	20g	15g	25g
Cucumber and carrot sticks	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.







SNACK Crusty brown roll with soft cheese and carrot sticks

## SNACK Crusty brown roll with soft cheese and carrot sticks

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Crusty brown roll	20g	17g	23g
Soft cheese	20g	17g	23g
Carrot sticks	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.







SNACK Mini avocado and tomato salsa sandwiches

## SNACK **Mini avocado and tomato salsa sandwiches**

### Suggested portion sizes

**1-4 year olds**

As shown in  
the photo



		1-2 year olds	3-4 year olds
Wholemeal bread	40g	35g	50g
Mashed avocado	20g	17g	23g
Tomato salsa	20g	17g	23g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### **Mini avocado and salsa sandwiches**

This recipe makes 12 child size portions of about 80g.

12 large or 24 small slices wholemeal bread  
2 large avocados, mashed  
250g tomato salsa (See recipe opposite.)

1. Mix together the mashed avocado and salsa.
2. Fill the sandwiches with the mixture.

### **Tomato salsa**

This recipe makes 12 portions of about 20g.

1 small (200g) can chopped tomatoes  
2 spring onions, finely chopped  
½ small red pepper, cored and finely chopped  
2 tablespoons chopped fresh parsley  
1 clove garlic, crushed  
1 tablespoon white wine vinegar  
1 tablespoon lemon juice  
½ teaspoon ground black pepper

1. Mix all the ingredients together. Chill before serving.





SNACK Mini bowl of curried rice salad and mixed peppers

## SNACK Mini bowl of curried rice salad and mixed peppers

### Suggested portion sizes

1-4 year olds  
As shown in  
the photo



		1-2 year olds	3-4 year olds
Curried rice salad	45g	40g	50g
Mixed peppers	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Curried rice salad

This recipe makes 12 child-size portions of about 45g.

250g long grain white rice  
5 teaspoons mild curry powder  
120g raisins  
½ teaspoon black pepper

1. Boil the rice until tender. Drain and cool.
2. Stir in the curry powder, raisins and pepper. Chill before serving.





SNACK Mini bowl of tabbouleh and blueberries

## SNACK Mini bowl of tabbouleh and blueberries

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Tabbouleh	40g	35g	45g
Blueberries	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Tabbouleh

This recipe makes 12 child-size portions of about 40g.

60g couscous  
90ml water, boiling  
4 spring onions, diced  
3 medium-sized tomatoes, diced  
3 tablespoons fresh parsley, finely chopped  
3 tablespoons fresh mint, finely chopped  
1 tablespoon lemon juice  
3 tablespoons olive oil  
½ teaspoon black pepper

1. Put the couscous in a bowl. Pour the boiling water over it, mix very gently and leave to stand for about 4 minutes until the couscous absorbs the liquid.
2. Stir in the diced vegetables, chopped herbs, lemon juice, oil and pepper.
3. Stir well and chill before serving.







SNACK Mini soft cheese and pineapple sandwiches



## SNACK Mini soft cheese and pineapple sandwiches

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Wholemeal bread	40g	35g	50g
Soft cheese	20g	17g	23g
Pineapple	20g	17g	23g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Mini cheese and pineapple sandwiches

This recipe makes 12 child-size portions of about 80g.

12 large thick slices or 24 small slices white, brown or wholemeal bread

250g full-fat soft cheese

1 large (400g) can pineapple chunks in juice, drained

1. Cut the pineapple chunks into small pieces.
2. Mix together the soft cheese and the small pineapple pieces.
3. Fill the sandwiches with the mixture and cut into small squares.





SNACK Oatcakes, cottage cheese and apple chunks

## SNACK Oatcakes, cottage cheese and apple chunks

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Oatcakes	20g	15g	25g
Cottage cheese	30g	25g	35g
Apple chunks	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





SNACK Pancake with strawberries

## SNACK Pancake with strawberries

### Suggested portion sizes

1-4 year olds  
As shown in  
the photo



		1-2 year olds	3-4 year olds
Pancake	25g	20g	30g
Butter	4g	4g	4g
Strawberries	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Pancakes

This recipe makes 12 child-size pancakes of about 25g each.

50g wholewheat flour  
50g plain flour  
1 egg  
200ml semi-skimmed milk  
2 tablespoons vegetable oil

1. Place the flour in a bowl.
2. In a separate bowl or jug beat the egg and milk together and gradually pour this into the flour, stirring constantly, until the batter is smooth. Allow the batter to stand for a while.
3. Heat a small amount of the oil in a frying pan.
4. Pour a tablespoon of batter into the frying pan and cook the pancake on both sides until lightly browned and set. Repeat until you have used all the batter.





SNACK Pita bread fingers, tuna pâté dip and apple chunks

## SNACK Pitta bread fingers, tuna pâté dip and apple chunks

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Pitta bread fingers	25g	20g	30g
Tuna pâté	15g	10g	20g
Apple chunks	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.







SNACK Popcorn and sliced pear

## SNACK Popcorn and sliced pear

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Popcorn	10g	8g	12g
Sliced pear	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





SNACK Spicy potato wedges and tomato salsa

## SNACK Spicy potato wedges and tomato salsa

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



Spicy potato wedges

65g

Tomato salsa

30g

Milk

100ml

1-2 year olds

60g

25g

100ml

3-4 year olds

70g

35g

100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Spicy potato wedges

This recipe makes 12 portions of about 65g.

8 medium-sized old potatoes  
4 tablespoons vegetable oil  
2 tablespoons lemon juice  
70ml orange juice  
4 teaspoons mustard powder  
4 teaspoons paprika powder

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Scrub the potatoes and cut each one into about 8 to 12 wedges.
3. Place the remaining ingredients in a jug and whisk together.
4. Put the potato wedges in a roasting tin. (They must be in a single layer.)  
Pour the dressing over them and toss to coat the wedges well.
5. Cook at the top of the oven for 15 minutes.
6. Turn and mix, scraping up all the flavourings that may be browning in the tin, and cook for another 15 minutes or until tender.

### Tomato salsa

This recipe makes 12 portions of about 30g.

1 small (200g) can chopped tomatoes  
3 spring onions, finely chopped  
1 small red pepper, cored and finely  
chopped  
2 tablespoons chopped fresh parsley  
1 clove garlic, crushed  
1 tablespoon white wine vinegar  
1 tablespoon lemon juice  
½ teaspoon ground black pepper

1. Mix all the ingredients together. Chill before serving.





SNACK Spicy potato wedges, mozzarella balls and orange wedges

## SNACK Spicy potato wedges, mozzarella balls and orange wedges

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Spicy potato wedges	65g	60g	70g
Mozzarella balls	20g	17g	23g
Orange wedges	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Spicy potato wedges

This recipe makes 12 portions of about 65g.

8 medium-sized old potatoes  
4 tablespoons vegetable oil  
2 teaspoons lemon juice  
2 teaspoons mustard powder  
2 teaspoons paprika powder

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Scrub the potatoes and cut each one into about 8 to 12 wedges.
3. Place the remaining ingredients in a jug and whisk together.
4. Put the potato wedges in a roasting tin. (They must be in a single layer.)  
Pour the dressing over them and toss to coat the wedges well.
5. Cook at the top of the oven for 15 minutes.
6. Turn and mix, scraping up all the flavourings that may be browning in the tin, and cook for another 15 minutes or until tender.







SNACK Toast squares with mashed egg and cress



## SNACK Toast squares with mashed egg and cress

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Wholemeal toast	20g	17g	25g
Egg	30g	25g	35g
Cress	3g	2g	3g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





SNACK Wholemeal toast fingers, yoghurt (for dipping) and banana slices

## SNACK Wholemeal toast fingers, yoghurt (for dipping) and banana slices

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Wholemeal toast fingers	20g	17g	25g
Yoghurt	30g	25g	35g
Banana slices	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





SNACK Yoghurt with apricots

## SNACK Yoghurt with apricots

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Yoghurt	60g	50g	75g
Apricots (canned in juice)	70g	70g	70g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





SNACK Yoghurt with raspberries

SNACK **Yoghurt with raspberries**

**Suggested portion sizes**

**1-4 year olds**  
As shown in  
the photo



		1-2 year olds	3-4 year olds
Yoghurt	60g	50g	75g
Raspberries	40g	40g	40g
Milk	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

