

BREAKFAST Porridge with dried apricots, and apple slices



**Suggested portion sizes**

**10-12 month olds**

As shown in the photo



Porridge made with full-fat milk	120g
Dried apricots	20g
Apple slices	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.



**BREAKFAST Baby muesli with yoghurt and raisins, and blueberries**



**Suggested portion sizes**

**10-12 month olds**

As shown in the photo



Baby muesli	30g
with full-fat milk	100ml
Full-fat yoghurt	20g
Raisins	10g
Blueberries	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.



BREAKFAST Omelette with canned tomatoes, and satsuma



**Suggested portion sizes**

**10-12 month olds**  
As shown in the photo



Omelette	50g
Canned chopped tomatoes	40g
Satsuma segments	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.



BREAKFAST Weet bisks with mandarins and banana



**Suggested portion sizes**

10-12 month olds  
As shown in the photo



Weet bisks	20g
with full-fat milk	100ml
Mandarin segments	30g
Banana	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.



BREAKFAST **Eggy bread shapes and peaches**



Suggested portion sizes	
	<p><b>10-12 month olds</b> As shown in the photo</p> 
Eggy bread shapes	60g
Peach slices	20g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Eggy bread shapes**

This recipe makes 12 portions of about 60g.

- 6 eggs
- 6 tablespoons full-fat milk
- 1 teaspoon cinnamon
- 6 slices bread
- 6 teaspoons butter

1. Beat the eggs and milk in a bowl.
2. Add the cinnamon.
3. Soak each slice of bread in the mixture.
4. Heat the butter in a non-stick frying pan and fry each slice for 2 minutes on each side.
5. Cut into shapes.



BREAKFAST Puffed wheat and soft dried prunes



**Suggested portion sizes**

10-12 month olds  
As shown in the photo



Puffed wheat	20g
Full-fat milk	100ml
Soft dried prunes	20g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.



BREAKFAST Mini blueberry pancakes and banana



**Suggested portion sizes**

**10-12 month olds**  
As shown in the photo



Mini blueberry pancakes	60g
Banana slices	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Mini blueberry pancakes**

This recipe makes 12 portions of about 60g.

- 2 eggs
- 100ml full-fat yoghurt
- 100ml full-fat milk
- 200g self-raising flour
- 200g blueberries
- 1 tablespoon vegetable oil

1. Place the eggs, yoghurt, milk and flour in a bowl and mix together until smooth. Stir in the blueberries.
2. Heat the oil gently in a large frying pan.
3. Turn the heat to low and drop spoonfuls of the batter in the pan, allowing room for each pancake to spread.
4. Cook gently until bubbles appear and turn when the underside is golden.



LUNCH **Chicken casserole and broccoli**



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Chicken casserole	120g
Cooked broccoli	30g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Chicken casserole**

This recipe makes 12 portions of about 120g.

2 large potatoes, peeled and diced  
 1 tablespoon vegetable oil  
 1 medium onion, finely chopped  
 1 stick celery, finely chopped  
 1 small red pepper, cored and finely chopped  
 500g chicken breast, finely chopped  
 1 can (400g) chopped tomatoes  
 1 tablespoon chopped parsley

1. Boil the potatoes until tender and then drain.
2. In a large pan, heat the vegetable oil and cook the onion until soft. Add the celery and pepper and cook to soften.
3. Add the chicken and cook for about 1 minute, stirring all the time.
4. Add the chopped tomatoes and parsley and cook for about 20 minutes with the lid on until the chicken is cooked thoroughly,
5. Add the diced potato and heat through.
6. Cool and chop to the required consistency.



LUNCH Fish pie and carrot sticks



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Fish pie	100g
Carrot sticks	30g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Fish pie**

This recipe makes 12 portions of about 100g.

3 large potatoes, peeled and cut into small pieces (about 600g prepared weight)  
 50g butter  
 500g white or pink fish (Look for fish from sustainable sources.)  
 100g frozen peas  
 3 tablespoons crème fraîche  
 1 tablespoon chopped parsley

1. Boil the potatoes until soft. Drain, add the butter and mash.
2. Steam or microwave the fish to cook, taking care to remove all bones and skin. Flake the fish into small pieces.
3. In a bowl mix the fish, peas, crème fraîche and parsley and place in a heatproof bowl. Place the mashed potato on the top and bake or microwave until piping hot.
4. Leave to cool and chop to the correct consistency as required.

**Note:** Make sure that any fish served to children has had all the bones removed.



LUNCH Rice and red lentils with pitta bread



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo
	
Rice and red lentils	120g
Pitta bread strips	30g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

### Rice and red lentils

This recipe makes 12 portions of about 120g.

1 tablespoon vegetable oil  
1 small onion, finely diced  
1 can (400g) chopped tomatoes  
½ red pepper, cored and finely chopped  
1 small carrot, peeled and finely chopped  
100g frozen peas  
1 tablespoon chopped parsley  
100g white rice boiled in 200ml water  
100g red lentils boiled in 200ml water

1. Heat the oil in a pan and gently fry the onion until softened.
2. Add the tomatoes, pepper, carrot, peas and parsley and cook until soft.
3. Add the drained, cooked rice and lentils and heat through.
4. Cool and chop to the desired consistency.



LUNCH **Pasta with Bolognese sauce and green beans**



Suggested portion sizes	10-12 month olds As shown in the photo
Pasta with Bolognese sauce	120g
Green beans	30g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Pasta with Bolognese sauce**

This recipe makes 12 portions of about 120g.

- 250g baby pasta or small pasta shapes
- 500ml water
- 1 tablespoon vegetable oil
- 1 onion, finely diced
- 500g lean beef mince
- 1 can (400g) chopped tomatoes
- 3 tablespoons tomato purée
- 1 teaspoon dried mixed herbs

1. Boil the pasta in the water until tender, and then drain.
2. Heat the oil in a large frying pan, sauté the onion to soften and then add the mince. Cook until the mince releases fat and then drain off any excess fat.
3. Add the tomatoes, tomato purée and herbs to the mince and onion and simmer gently for about 20 minutes until the meat is thoroughly cooked.
4. Mix in the pasta and heat through.
5. Chop finely to the appropriate consistency.



LUNCH Lamb and pumpkin stew and roasted yam fingers



**Suggested portion sizes**

10-12 month olds  
As shown in the photo



Lamb and pumpkin stew	120g
Roasted yam fingers	40g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Lamb and pumpkin stew**

This recipe makes 12 portions of about 120g.

- 1 tablespoon vegetable oil
- 500g lean shoulder of lamb, minced
- 1 clove garlic, crushed
- 1cm fresh root ginger, peeled and grated
- 1 large onion, peeled and finely diced
- 1 small can chopped tomatoes, finely chopped
- 350ml water
- 500g pumpkin, squash or marrow, peeled and cut into small cubes

1. Place the oil in a saucepan. Add the lamb, garlic and ginger and stir for about 5 minutes.
2. Add the rest of the ingredients.
3. Cover and simmer for 30-40 minutes until the lamb and vegetables are tender.
4. Mash and chop the meat and vegetables into the liquid, making sure there are no hard or chewy lumps.

**Roasted yam fingers**

This recipe makes 12 portions of about 40g.

- 2 tablespoons vegetable oil
- 500g yam, peeled and cut into fingers

1. Brush a baking tray with the oil. Place the yam fingers on the baking tray and roast at 180°C / 350°F / Gas 4 for about 20 minutes until soft.



LUNCH Chick pea and butternut squash risotto with roasted red pepper



**Suggested portion sizes**

10-12 month olds  
As shown in the photo



Chick pea and butternut squash risotto

120g

Roasted red pepper

30g

Water in a cup

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Chick pea and butternut squash risotto**

This recipe makes 12 portions of about 120g.

600ml water

1 onion, peeled and finely diced

1 clove garlic, crushed

1 teaspoon dried mixed herbs

1 tablespoon tomato purée

½ small butternut squash, peeled and finely cubed

200g risotto rice

400g canned chick peas in water, drained

60g cream cheese

1 teaspoon chopped parsley

1. Place the water, onion, garlic, herbs, tomato purée and squash in a large saucepan and simmer for 10-15 minutes until the squash is soft.
2. Add the rice and chick peas and simmer with a lid on until the rice is tender.
3. Add the cream cheese and parsley to the stew and roughly mash the mixture, making sure there are no hard lumps.



LUNCH Poached mackerel with potato, pea and cauliflower mash, and apple



## LUNCH Poached mackerel with potato, pea and cauliflower mash, and apple

10-12 month olds

### Suggested portion sizes

10-12 month olds  
As shown in the photo



Poached mackerel	40g
Potato, pea and cauliflower mash	80g
Apple	30g
Water in a cup	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

### Potato, pea and cauliflower mash

This recipe makes 12 portions of about 80g.

2 large potatoes, peeled and diced  
½ cauliflower, broken into florets  
300g frozen peas  
2 tablespoons butter

1. Put the potato in a saucepan, cover with water and bring to the boil.
2. Put the cauliflower florets in a steamer on top. (Or add them to the pan a few minutes before the potatoes are cooked.)
3. When the potatoes are cooked, add the frozen peas and bring back to the boil.
4. Drain the potato and the peas.
5. Mash the potato, peas and cauliflower together with the butter until soft, with a few lumps.

**Note:** Make sure that any fish served to children has had all the bones removed.



TEA Vegetable couscous with cucumber



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Vegetable couscous	100g
Cucumber sticks	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Vegetable couscous**

This recipe makes 12 portions of about 100g.

250g couscous  
 500ml boiling water  
 1 tablespoon vegetable oil  
 1 medium onion, finely chopped  
 1 large cooked carrot, peeled and diced  
 10 cooked green beans, finely chopped  
 150g full-fat soft cheese

1. Put the couscous into a bowl, pour the boiling water over it and mix very gently. Leave covered for about 4 minutes until the water has been absorbed. Fluff with a fork.
2. Heat the oil in a pan and soften the onion. Add the carrot and green beans and heat through.
3. Mix in the couscous and the soft cheese and heat through.
4. Cool before serving.



TEA Baked potato with tomato sauce and hard-boiled egg



**Suggested portion sizes**

10-12 month olds  
As shown in the photo



Baked potato	60g
Tomato sauce	40g
Hard-boiled egg	40g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Tomato sauce**

This recipe makes 12 portions of about 40g.

- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1 can (400g) chopped tomatoes
- 1 tablespoon tomato purée
- 1 tablespoon chopped parsley

1. Heat the oil in a pan and soften the onion.
2. Add all the other ingredients and simmer for about 15-20 minutes.
3. If necessary, blend with a hand blender to make a fairly smooth sauce.
4. Cool before serving.



TEA Sweet potato and red pepper stew with rice cakes



**Suggested portion sizes****10-12 month olds**

As shown in the photo



Sweet potato and red pepper stew

100g

Rice cakes

10g

Breast feed or infant formula in a cup

100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Sweet potato and red pepper stew**

This recipe makes 12 portions of about 100g.

- 2 large sweet potatoes, peeled and diced
- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 1 large red pepper, cored and diced
- 1 large carrot, peeled and diced
- 100g frozen peas
- 1 can (400g) chopped tomatoes
- 1 tablespoon chopped parsley

1. Cook the sweet potato in boiling water until soft,
2. Heat the oil in a large pan, add the onion, and cook until softened.
3. Add the pepper, carrot and peas and cook for 1 minute.
4. Add the tomatoes and parsley and simmer for about 20 minutes with the lid on until the vegetables are soft.
5. Add the sweet potato and heat through.
6. Cool and chop to the desired consistency.



TEA Creamy pea risotto with sugar snap peas and red pepper



Suggested portion sizes	
	<p><b>10-12 month olds</b> As shown in the photo</p> 
Creamy pea risotto	100g
Sugar snap peas	10g
Red pepper	20g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

### Creamy pea risotto

This recipe makes 12 portions of about 100g.

1 tablespoon vegetable oil  
 1 small onion, finely diced  
 300g risotto rice or pudding rice  
 700ml water  
 200g frozen peas  
 120g full-fat soft cheese  
 1 tablespoon chopped parsley

1. Heat the oil in a large pan and soften the onion.
2. Add the rice and stir until it begins to go translucent.
3. Add the water a little at a time, stirring until it has been absorbed.
4. Cook for about 30 minutes until the rice is soft.
5. Add the peas, soft cheese and parsley and warm through.
6. Cool and mash if required.



TEA Macaroni cheese with tomato, and broccoli



Suggested portion sizes	
	<b>10-12 month olds</b> As shown in the photo 
Macaroni cheese with tomato	120g
Broccoli	40g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Macaroni cheese with tomato**

This recipe makes 12 portions of about 120g.

225g macaroni or small pasta shapes  
 60g butter  
 60g plain flour  
 900ml full-fat milk  
 240g grated Cheddar cheese  
 1 large tomato, skinned and chopped

1. Cook the macaroni in a large pan of boiling water as instructed on the packet.
2. Melt the butter in a pan and then add the flour, stirring, until it forms a ball. Take off the heat and gently beat in the milk to make a smooth sauce.
3. Bring the sauce to the boil until it thickens.
4. Add almost all of the grated cheese and cooked macaroni and stir in the chopped tomato.
5. Heat through and then mash roughly to remove any large lumps.
6. Sprinkle the remaining cheese on top before serving.



TEA Peanut butter and banana sandwiches, with strawberries



**Suggested portion sizes**

10-12 month olds  
As shown in the photo



Peanut butter and banana sandwiches

70g

Strawberries

40g

Breast feed or infant formula in a cup

100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Peanut butter and banana sandwiches**

This recipe makes 12 portions of about 70g.

12 large slices bread  
180g smooth peanut butter  
2 large bananas

1. Spread 6 slices of bread with peanut butter.
2. Mash the bananas and spread on top of the peanut butter.
3. Place the other slices of bread on top.
4. Cut into fingers.



TEA Butter beans in tomato sauce, with yellow peppers



**Suggested portion sizes**

10-12 month olds  
As shown in the photo



Butter beans in tomato sauce	70g
Slices of yellow pepper	30g
Breast feed or infant formula in a cup	100ml

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Butter beans in tomato sauce**

This recipe makes 12 portions of about 70g.

2 tablespoons vegetable oil  
1 large onion, peeled and finely chopped  
1 clove garlic, crushed  
400g canned chopped tomatoes  
Pinch of fresh herbs such as oregano, basil or parsley, chopped (or dried herbs)  
400g canned butter beans, drained

1. Heat the oil in a saucepan and sauté the onion and garlic until soft.
2. Add the tomatoes and chopped herbs and stir well.
3. Simmer the sauce gently over a low heat for 30 minutes.
4. When cooked, sieve or blend the sauce to make a smooth sauce.
5. Add the drained butter beans to the sauce and heat through.
6. Roughly mash before serving.



DESSERT **Mango fool with mango slices**



**Suggested portion sizes**

**10-12 month olds**  
As shown in the photo



Mango fool

60g

Mango slices

30g

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Mango fool**

This recipe makes 12 portions of about 60g.

350g fresh or drained canned mango  
350g custard made with full-fat milk

1. Mash the mango and mix with the custard.
2. Chill until serving.



DESSERT Canned pear with custard and mandarin oranges



Suggested portion sizes

10-12 month olds

As shown in the photo



Canned pear in juice, drained

40g

Custard

40g

Mandarin oranges

30g

These portion sizes are based on the nutritional needs of a typical 10-12 month old.



DESSERT **Rhubarb crumble with custard and raspberries**



**Suggested portion sizes**

	<b>10-12 month olds</b> As shown in the photo	
Rhubarb crumble	60g	
Custard	40g	
Raspberries	30g	

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Rhubarb crumble**

This recipe makes 12 portions of about 60g.

- 12 sticks of rhubarb, chopped
- 3 tablespoons sugar
- 120g plain white flour
- 80g wholewheat flour
- 100g vegetable fat spread
- 80g sugar
- 40g rolled oats

1. Heat the oven to 200°C / 400°F / Gas 6 and grease an ovenproof bowl.
2. Place the chopped rhubarb in the base of the dish. Top with the first quantity of sugar.
3. Place the flour, vegetable fat spread, remaining sugar and oats in a separate bowl and mix using your fingertips, until the mixture resembles breadcrumbs.
4. Cover the fruit with the crumble mixture.
5. Bake for about 40 minutes.



DESSERT **Fromage frais with grapes**



**Suggested portion sizes**

**10-12 month olds**  
As shown in the photo



Fromage frais

60g

Grapes

30g

These portion sizes are based on the nutritional needs of a typical 10-12 month old.



DESSERT **Fromage frais with melon**



**Suggested portion sizes**

**10-12 month olds**  
As shown in the photo



Fromage frais

60g

Sliced and chopped melon

40g

These portion sizes are based on the nutritional needs of a typical 10-12 month old.



DESSERT **Chocolate custard with mandarin oranges**



Suggested portion sizes	
	<p>10-12 month olds As shown in the photo</p> 
Chocolate custard	60g
Mandarin orange segments	30g

▲  
These portion sizes are based on the nutritional needs of a typical 10-12 month old.

### Chocolate custard

This recipe makes 12 portions of about 60g.

50g cocoa powder  
30g sugar  
60g cornflour  
600ml full-fat milk

1. Sieve the cocoa powder into a bowl and add the sugar and cornflour.
2. Combine with enough milk to blend into a smooth paste.
3. Pour the rest of the milk into a saucepan and bring to the boil.
4. Pour onto the cocoa paste and stir well.
5. Return the mixture to the pan, put back on the heat, and stir continuously until the mixture thickens.
6. Serve when cool.



DESSERT Cottage cheese and fruit platter



**Suggested portion sizes**

10-12 month olds  
As shown in the photo



Cottage cheese

30g

Fruit platter

50g

These portion sizes are based on the nutritional needs of a typical 10-12 month old.

**Fruit platter**

This recipe makes 12 portions of about 50g.

2 kiwi fruit, peeled and sliced

12 strawberries, sliced

½ pineapple, peeled, sliced and cut into fingers

½ melon, peeled, deseeded and cubed

