



Meal planner for a toddler

All meals are homemade, using fresh produce, mostly organic and fair-trade. We usually get what is in season from local businesses. We believe that variety is the spice of life and it is crucial in the development of taste. We get our inspiration from Annabel Karmel and Gina Ford, whose recipes we find original, healthy and tasty. We do take the children's preferences into consideration (as well as their dietary needs) and some favourites come around more often than others. Water is available throughout the day, especially in warm weather. Fresh juice is offered sparingly.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B'FAST	Fruity Swiss Muesli	Porridge with honey or jam	Weetabix with milk and cinnamon	Tartines (French toasts)	Special K with milk
LUNCH	Tricolore lasagna Yoghurt	Shepherd's pie Fruit purée	Veal Stroganoff Yoghurt	Rice salad Fruit purée	Haddock filets and mash Yoghurt
SNACK	Fruit and Biscuit	Fruit and Biscuit	Fruit and Biscuit	Fruit and Biscuit	Fruit and Biscuit
DINNER	Jeweled couscous Fruit purée	Marinated chicken with vegetables Yoghurt	Gratin of sole with ratatouille Fruit purée	Minute Steaks with sautéed potatoes Yoghurt	Bow-ties pasta with ham, cherry tomatoes and gruyere Fruit purée