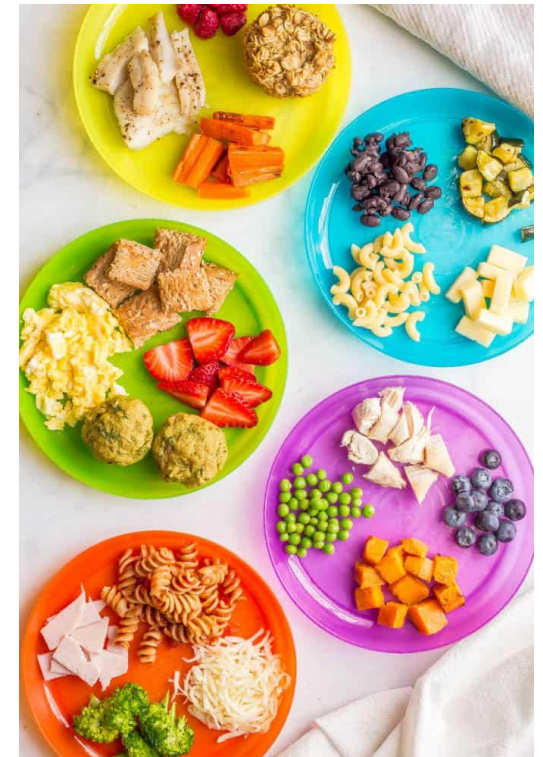




Blossom room Daisychains nursery

# Ideas for age appropriate lunches

After a lot parents have asked for our advice on lunch ideas, we have created a little idea leaflet with age & stage appropriate foods.





## Around 6 months of age;

Babies of this age only need small amounts of foods once or twice a day before their regular milk intake. Babies of 6 months do not need snacks in between meals.

### First taste ideas;

- Cooked (& cooled) Broccoli
- Mashed Banana & Avocado
- Cooked & mashed Carrot & Swede
- Cooked & mashed Apple & Blueberry

Remember it may take up to 10 attempts for a baby to accept a new flavor or texture, so if they reject it first time try again another day. By introducing lots of variety with flavors & textures early on, babies will be less 'fussy eaters' in later life.

## 7-9months of age

By 7-9months babies are fully ready to start having food with more lumps, Once you have introduced pureed/mashed foods at around 6 months and baby has the idea of moving food around and swallowing, you can start to progress to mashed, lumpy or finger foods. This will help them learn how to chew and swallow their foods, ready for fully solid meals. Again even if they reject lumpy foods, continue to offer it as they need to get used to it.

### Lunch & finger food ideas;

- Vegetable pasta
- Finger sandwiches
- Mexican shredded/chopped chicken with sliced pitta bread
- Steamed apple & pear

## 10-12 months;

By this stage baby should be more than ready for more solid foods to be introduced (if they haven't already), along with the above ideas.

### Lunch & finger food ideas;

- Spiced chicken curry
- Mac & cheese
- Fruity sticks
- Veggie fingers
- Omelette fingers
- Sweet potato fingers

## 12+ months

By 12 months your baby will be a confident eater, wanting to be fully involved in their own feeding by holding their own spoon and finger foods. They are now very ready for fully solid meals added to their diets as well as still having the previous options.

### Lunch & finger food ideas;

- Cheesy muffin & cucumber sticks
- Oatcakes & mini chopped Tomatoes
- Houmous with veggie fingers
- Tuna dips with pitta bread
- Chicken fajitas

### Jars & pouches

Should you wish to provide your child with a jar or pouch for lunch/tea, these need to be age & texture appropriate for your child and must take no longer than 1 minute to be heated. Please remember homecooked meals can NOT be reheated at nursery but you are welcome to bring them in a small thermos container.

School dinners are also available from St Georges School at a cost of £2.25 a day. Menus available on request.