

ON THE MENU TODAY

Sample daily meal plan for toddlers

12-24 MONTHS

Here are some sample daily menus to give you an idea of the types of foods you can prepare for your toddler. These plans are meant as a guide, so adjust portions and choices according to your child's appetite and preferences.

RISE & SHINE



EARLY MORNING

150ml breast/
plain full
cream milk



PLAY TIME



BREAKFAST

- 3 – 4 tablespoons* of oat cereal with 60ml breast/plain full cream milk
- OR
- 1 – 2 plain wholemeal biscuits
- 180ml breast/plain full cream milk



PLAY TIME



BATH

After an outdoor activity



AFTERNOON

150ml breast/
plain full
cream milk



AFTERNOON NAP



LUNCH

- ½ small block of tofu (43g)
- 60g peas
- ⅓ stewed medium carrot (25g)
- 25 – 50g cooked rice
- ¼ – ½ wedge of watermelon



DINNER

- ½ bowl** fish soup noodles (100g)
- 1 small piece of fish (23g)
- 25g cooked spinach
- ¼ – ½ orange



LISTEN TO A STORY



BRUSH TEETH



TOTAL SERVINGS

Wholegrains	Fruit	Vegetables	Protein	Milk
2 – 3	½ – 1	½	½	500 – 750ml

*1 tablespoon = 15g
**Rice bowl