

# On the menu today

Sample daily meal plan for toddlers

12 – 24 months

Let's get started with some sample daily menus to give you an idea of the types of food you can prepare! These plans serve as a guide only, so do feed me according to my appetite as I can decide whether I want to eat and how much to eat.

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



Bath

After an outdoor activity



Afternoon

150ml breast/  
plain full  
cream milk

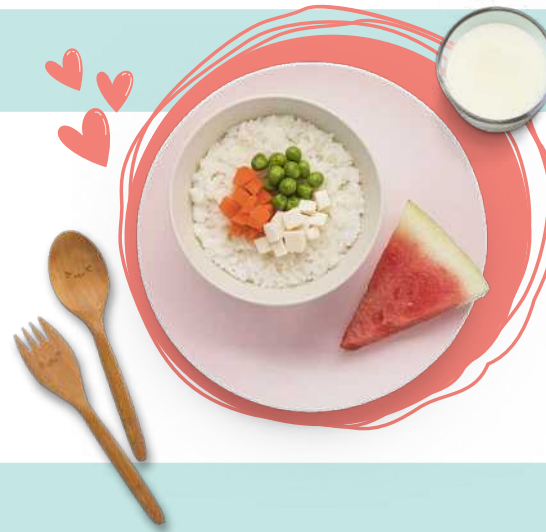


Afternoon nap



Lunch

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



Exercise time



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

Rice and wholemeal bread	Fruit	Vegetables	Meat and others	Milk
2 – 3	½ – 1	½	½	500 – 750ml

\*1 tablespoon = 15g  
\*\*Rice bowl