

# Tilda

## MEAL PLAN



Designed by  
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	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Porridge made with milk with sliced banana, cinnamon & peanut butter	Wheat biscuit cereal with milk. Topped with grated pear	Wholemeal toast with peanut or almond butter and mashed raspberries	Oat and banana pancakes + spread of choice (e.g. yoghurt, nut butter, jam)	Scrambled egg with wholemeal toast and quartered cherry tomatoes
Mid Morning Snack	Yoghurt + sliced kiwi	'Pizza' crackers – crackers with slice of cheese and tomato	Apple slices and cubed cheddar cheese	Wholegrain crackers with cream cheese + pineapple pieces	Yoghurt + warm frozen berries + grated dark chocolate (or chocolate chips)
Lunch	Egg mayonnaise sandwich Individual cheese Carrot Sticks and peppers	Baked beans on wholemeal toast with cheese Grapes (quartered)	Boiled egg Wholemeal toast soldiers Carrot and cucumber sticks	Tilda Taste Travellers Pesto & Pea Risotto Kiwi	Chicken (leftover from day 4) and sweetcorn quesadilla & Banana
Mid Afternoon Snack	Breadsticks with hummus + tangerine	Yoghurt with crushed cereal and tinned peaches (in juice)	Oatcakes with hummus + berries	'Apple nachos' – thinly sliced apple drizzled with peanut butter + desiccated coconut (or crushed nuts)	Pitta bread strips, pepper sticks and dips e.g. hummus, tzatziki, melted cheese
Evening Meal	Turkey/chicken meatballs with tomato sauce and pasta	Mild chicken & vegetable curry, Tilda Kids Sunshine Vegetable rice & peas	Tilda Taste Travellers Mexican Rice Bowl Optional extra – grated cheese, shredded chicken	Chicken and vegetable (carrot, green beans, peppers) stirfry with noodles	Oven baked salmon, Tilda Kids Vegetable Paella Rice, mixed frozen vegetables

Note: Developed for children aged 3-6 . May not be suitable for all children with allergies – please swap out ingredients as needed, e.g. milk alternatives, gluten-free breads.