



Weekly food chart for your 2-3 year old (Vegetarian)



	Breakfast	Mid morning	Lunch	Evening Snack	Dinner	Bedtime
Monday	Oats porridge with apple	A glass of fruit juice	Thin dal Rice Veggies Roti	Apple Milk	Dal khichdi Veggies	Milk powdered almonds
Tuesday	Mashed Potatoes Toast with jam	Seasonal fruit: apple/banana/orange/mango	A pulse preparation of your choice (eg. Rajma, moong, chole) Rice Curd	Bowl of custard	Clear soup Panner veggie roll	Cup of milk
Wednesday	Idli Chutney	1 fruit	Mashed potatoes Rice Veggies	Bowl of curd powdered almonds	Vegetable parantha Carrot/cucumber raita	Cup of milk
Thursday	Dosa stuffed with Paneer	Cup of milk	Veg curry Curd Rice Boiled/steamed potatoes	1 fruit	Roti Veggies with paneer Curd	Cup of milk
Friday	Milk with powdered almonds Toast Butter	1 fruit	Potato parantha Curd	1 bowl of pudding	Vegetable pulao Thin dal	Cup of milk
Saturday	Bowl of flavoured oats cereal with milk 1-2 biscuits		Veggies Roti Dahi curry	1 fruit	Soup vegetable cutlet with potato	Cup of milk
Sunday	Milk Butter/Jam Toast	1 fruit	Cheese sandwiches +grated carrots	Suji Sheera	Dudhi & Paneer kofta curry Rice Veggies	Cup of milk