



Weekly food chart for your 2-3 year old (Non-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	One egg preparation 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 with egg	Cup of milk	Chicken curry Curd Rice Boiled/ steamed potatoes	1 fruit	Roti Veggies with paneer Curd	Cup of milk
Friday	Poha Egg	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 Egg curry	1 fruit	Soup vegetable cutlet with potato Fish	Cup of milk
Sunday	Milk Butter/ Jam Toast	1 fruit	Cheese sandwiches +grated carrots	Suji Sheera	Chicken curry Rice Veggies	Cup of milk