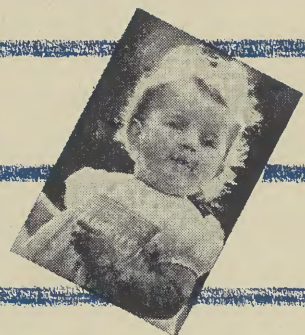
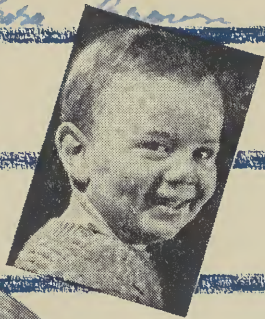


*Book Number 12 "New's"*



**HOW TO PLAN MEALS  
FOR CHILDREN**

*from*

**2 to 5 years**



*for a child from*

One food from each of the sections (a), (b), (c), (d), &c., below should be served at each meal.

## ON WAKING

1 tablespoon of orange juice with 1 tablespoon of water, or 2 tablespoons of tomato juice. If concentrated orange or blackcurrant juice is given, follow the instructions on the bottle or tin.

## BREAKFAST, 8—8-30 a.m.

- (a) Whole-grain cereal—2-4 tablespoons porridge, or groats, or wheatmealies with milk.
- (b)  $\frac{1}{2}$ -1 egg (2 mornings), or bacon— $\frac{1}{2}$ -1 rasher (4 mornings), or fish, or herring roe (1 morning).
- (c) National bread—1-2 slices as: dry toast, or hard rusk, or crisp fried bread with
- (d)  $\frac{1}{2}$ -2 teaspoons butter, or margarine, or dripping, or bacon fat.
- (e) Milk—1 large cup (8oz. including cereal).

## MID-MORNING, 10—11 a.m.

Milk—1 small cup (4oz.)

## DINNER, 12-30—1 p.m.

- (a) Meat, fish, cheese or egg, &c.—1-1 $\frac{1}{2}$  tablespoons of roast mutton or beef (minced or finely cut up), or stewed minced steak, or chopped liver, or 1 egg, or  $\frac{1}{2}$ -1 tablespoon cheese, or fish or herring roes, or brains, sweetbread, chicken, or rabbit.
- (b) Cooked fresh vegetables—1-2 heaped tablespoons of mashed greens, or cabbage, or cauliflower, or spinach, or sprouts, or swedes, or turnips, with carrots, peas, or beans.
- (c) Potatoes—1-2 heaped tablespoons of mashed, or boiled, or jacket.
- (d) Puddings—2-3 tablespoons of milk pudding, or junket, or blancmange, or stewed fruit and custard, or fruit fool, or egg custard or sauce, or 1-2 tablespoons of light steamed or baked pudding.
- (e) Rusk—one.
- (f) Water to drink.

## TEA, 4-30—5 p.m.

- (a) National bread—1-2 whole slices as: dry toast, or plain or sweet rusk or dry slices, or sandwiches with—
- (b)  $\frac{1}{2}$ -2 teaspoons butter, or margarine, or dripping and—
- (c) Seedless jam, or jelly, or honey, or vegetable extract.
- (d) Grated raw carrot and finely shredded raw salad or green vegetables. (See recipes.)
- (e) Milk, or milky cocoa—1 large cup (8oz.).

2 to 5 years . . .

# MENU



## BREAKFAST, 8—8-30 a.m.

- 1st Day. Porridge and milk; lightly boiled fresh egg, or scrambled dried egg; toast and butter; milk.
- 2nd Day. Wheatmealies and milk; bacon; dry toast and bacon fat; milk.
- 3rd Day. Groats and milk; coddled fresh egg, or scrambled dried egg; rusk and butter; milk.
- 4th Day. Rusk and milk; bacon with crisp fried bacon toast; milk.
- 5th Day. Porridge and milk; bacon; rusk and bacon fat; milk.
- 6th Day. Wheatmealies and milk; creamed herring roes; toast and butter; milk.
- 7th Day. Rusk and milk; bacon; rusk and butter; milk.

## DINNER, 12-30—1 p.m.

- 1st Day. Roast meat; cabbage and mashed potato; chocolate mould, or fruit fool; sweet rusk.
- 2nd Day. Grated cheese and raw grated carrot; cauliflower and jacket potatoes; baked sponge pudding and stewed fruit (or jelly jam); rusk.
- 3rd Day. Creamed liver or dried egg omelette; mashed swede and chopped parsley and boiled potato; milk pudding; chocolate rusk.
- 4th Day. Fish or cheese pudding; creamed parsley carrots and mashed potato; baked apple or prune puree and custard or junket; sweet rusk.
- 5th Day. Mince; greens and boiled potatoes; padded pudding or rusk trifle; chocolate rusk.
- 6th Day. Scrambled dried eggs; tomato (or sprouts or spring greens) and jacket potato; creamed milk pudding; sweet rusk.
- 7th Day. Cheese potato or stewed rabbit; spinach and mashed potato; baked custard; chocolate rusk.

*Note.*—Mock cream may be served with puddings.

## TEA, 4-30—5 p.m.

- 1st Day. Parsley and cheese sandwich; rusk and jelly jam; milk.
- 2nd Day. Oatcake (or rusk) and butter; sprouts and potato sandwich; milk.
- 3rd Day. Bread and watercress sandwich; toast and dripping; milk.
- 4th Day. Spinach and cheese sandwich; rusk and parsley honey or syrup; milk.
- 5th Day. Sprout and vegetable yeast extract sandwich; oatcake (or rusk) and jelly jam; milk.
- 6th Day. Dry toast and butter; cheese and cabbage sandwich; milk.
- 7th Day. Potato and parsley sandwich; rusk and butter; milk.

# BREAKFAST DISHES



## Recipes

(Sufficient for one child)

### GROATS

Mix 1 heaped tablespoon groats to a cream with a tablespoon of water. Boil a scant third of a pint of water and pour on the groats. Add pinch of salt and simmer gently for at least 10 minutes. If a double saucepan is used cook for  $\frac{1}{2}$ -1 hour. Serve with milk and sugar to taste.

### PORRIDGE

$\frac{1}{2}$ - $\frac{3}{4}$  heaped tablespoon medium oatmeal.  
 $\frac{1}{4}$  pint of water.  
Salt.

Soak oatmeal in water overnight, bring to the boil. Put on lid and simmer slowly for 20-30 minutes until it is cooked. Add a little salt. Serve with milk and sugar to taste.

### WHEATMEALIES

Half-dozen slices stale bread  $\frac{3}{4}$  in. thick.

Cut into  $\frac{1}{2}$  in. squares. Put on a baking sheet and bake in a slow oven till brown and crisp. Store in a tin. Serve 2-4 tablespoons with milk and sugar to taste.

### CREAMED HERRING ROES

Wash roes and stew in a little milk for 5 minutes. Mash with a fork. Add 1 level teaspoon of flour mixed to a paste with a teaspoon of milk. Cook until thickened.

### LIGHTLY BOILED EGG

Bring to the boil enough water to cover the egg. Place egg into water, remove the pan from the heat and leave the egg to cook for 5-7 minutes or 10 minutes if the egg is very fresh.

### CODDLED EGG

Break the egg into a cup and cook by standing the cup in a pan of boiling water for 3-4 minutes until the egg is set.

# s for children from 2 to 5

## SCRAMBLED DRIED EGG

1 level tablespoon dried egg ( $\frac{1}{2}$ oz.).  
2 tablespoons water  
 $\frac{1}{4}$ oz. margarine.  
Salt and pepper.

Reconstitute the dried egg with the water. Add a little salt and pepper. Melt margarine in a pan. Add reconstituted egg and cook over a low heat until just set.

(For further instructions,  
see *General Guide for  
Children aged 1-17 years*)



## GREEN VEGETABLES

Wash well, shred and drop into a small quantity of fast-boiling slightly salted water. Cook quickly with the lid on for 7-10 minutes. Drain, mash or chop and serve immediately.

## ROOT VEGETABLES

Wash and slice root vegetables and cook in a small quantity of fast-boiling slightly salted water for 10-15 minutes. Drain, mash or chop and serve immediately.

## POTATOES IN THEIR JACKETS

**BOILED.**—Scrub well, and do not peel. Put into fast-boiling salted water and cook for 20-25 minutes with the lid on. When cooked, peel and mash.

**BAKE.**—Scrub well, cook in a medium oven for 1-1 $\frac{1}{2}$  hours. When cooked, scoop out the inside and mash.

## CREAMED CARROTS AND PARSLEY

Wash and scrape carrots, slice in thin rounds, and cook in a small quantity of fast-boiling salted water. When soft, drain off carrot water, mix it with milk and use to make a sauce. Add chopped parsley and seasoning, pour over carrots and serve.

## CREAMED SPINACH

Wash spinach thoroughly. Cook without water in a pan for 10-15 minutes. Sieve and add small quantity of thick white sauce.



## POTATO CHEESE (Quantity for one child)

Mash together 2 tablespoons mashed potato with  $\frac{1}{2}$  tablespoon household milk powder and  $\frac{1}{2}$  oz. cheese, season with salt and pepper. Put mixture in small dish and brown in oven or under grill.

## CREAMED LIVER

Wash liver well in warm salt water and cook in a little water until tender. A few cut-up vegetables can be added. Remove liver and chop up small. Serve in a sauce made from the liver stock and a little milk. Sprinkle with chopped parsley just before serving.

## MINCE

Place the minced meat in a saucepan. Cover with stock, water or vegetable water. Simmer slowly for  $\frac{1}{2}$ - $\frac{3}{4}$  hour. Thicken with blended flour, oatmeal, or bread-crumbs. Add seasoning and browning. Sprinkle in chopped parsley just before serving.

## STEWED RABBIT

Soak rabbit in salt and water for one hour. Remove, cut up into joints. Melt a little fat in the pan, dip rabbit in flour and fry lightly, add seasoning and a little stock or water. When boiling add a few chopped vegetables. Simmer for 2 hours.

## STEAMED FISH

Wash fish and place on a greased enamel plate. Add a little milk or water. Cover with another plate or greased paper and steam over a saucepan of water for 15-20 minutes.

## SCRAMBLED DRIED EGG (See Breakfasts)

## DRIED EGG OMELETTE (Quantity for one child)

1 level tablespoon dried egg.  
3 tablespoons water.  
Salt and pepper.  
 $\frac{1}{4}$  oz. margarine.

Reconstitute the dried egg and add the extra tablespoon of water. Season with salt and pepper. Melt margarine in a clean, dry frying pan and when hot pour in the egg mixture. Cook gently until set. Roll up and serve.

## CHEESE PUDDING (Quantity for two children)

1 level tablespoon dried egg } = 1 egg.  
2 tablespoons water  
 $\frac{1}{4}$  pint household milk.  
 $\frac{1}{2}$  teacup of breadcrumbs.  
1 oz. grated cheese.  
Salt and pepper.

Beat up reconstituted egg. Boil the milk and stir in the crumbs, remove from fire, add cheese, salt, pepper and beaten egg. Pour into a greased dish and bake for 15-20 minutes in a moderate oven until brown and set.

## TO MAKE GRAVY

Pour off fat from meat tin, leaving the brown sediment, add about  $\frac{1}{2}$  pint boiling vegetable water, or vegetable stock, and stir round till boiling. Add a little salt and yeast extract to colour and flavour.

(Sufficient for four children)



## BAKED SPONGE PUDDING

1 level tablespoon dried egg } = 1 egg.  
2 tablespoons water  
4oz. flour.  
1 level tablespoon sugar.  
2oz. fat.  
1 level teaspoon baking powder.  
A little milk.

Reconstitute the dried egg and beat. Cream fat and sugar, add egg and lastly the flour mixed with the baking powder. Mix to a soft consistency with a little milk. Spread in a greased pie-dish and bake for 15-20 minutes.

## MILK PUDDING

1-1 $\frac{1}{2}$  level tablespoons cereal (rice, tapioca, &c.).  
 $\frac{3}{4}$  pint water.  
3 $\frac{1}{2}$  level tablespoons household milk powder } or  $\frac{3}{4}$  pint diluted  
1 level tablespoon sugar } tinned milk.  
Grated nutmeg.

Reconstitute the household milk. Wash the cereal and put into greased pie dish. Pour over it the reconstituted milk. Add the sugar. Grate a little nutmeg (or orange rind) on top. Bake in a slow oven.



## CREAMED MILK PUDDING

- $3\frac{1}{2}$  level tablespoons household milk powder } or  $\frac{3}{4}$  pint diluted  
 $\frac{3}{4}$  pint water } tinned milk.  
 $1\frac{1}{2}$  level tablespoons rice, tapioca, sago, semolina, or  
3 level tablespoons of oatmeal, or rolled oats.  
1 level tablespoon sugar.

Reconstitute the milk, bring to the boil, add cereal and cook until the grain has burst, pour into a basin, add sugar, and steam over a saucepan of water for 1-1 $\frac{1}{2}$  hours until thoroughly cooked. Serve cold.

## JUNKET WITH DRIED MILK

- 6 level tablespoons dried milk.  
 $\frac{3}{4}$  pint warm water.  
1 level tablespoon sugar.  
A little vanilla or other flavouring.  
Rennet according to instructions on bottle.

Reconstitute the milk in the warm (not hot) water. Put into a double pan or basin over boiling water, add sugar and any flavouring liked, warm to blood heat, pour into glass dish, add rennet, stirring quickly and gently. Leave to set.

## PADDED PUDDING

- $3\frac{1}{2}$  level tablespoons household milk powder. } or  $\frac{3}{4}$  pint diluted  
 $\frac{3}{4}$  pint water } tinned milk.  
 $1\frac{1}{2}$  heaped tablespoons cornflour (or custard powder).  
1 heaped tablespoon sugar.  
2 heaped tablespoons browned breadcrumbs.

Reconstitute the milk, heat and add the cornflour blended with a little milk or water. Stir until it thickens. Add the sugar and browned breadcrumbs. Pour into a damped mould and allow to set.

## CHOCOLATE MOULD

- 1 $\frac{1}{2}$  oz. cornflour or custard powder.  
1 tablespoon sugar.  
 $3\frac{1}{2}$  tablespoons household milk powder } or  $\frac{3}{4}$  pint diluted  
 $\frac{3}{4}$  pint water } tinned milk.  
 $\frac{1}{4}$  tablespoon vanilla.  
1 tablespoon cocoa.

Put two-thirds of the reconstituted milk into pan. Bring to boil. Mix

cornflour, sugar, cocoa and vanilla together with the rest of the milk. Add to hot milk. Stir very well until mixture thickens. Cook for 2-3 minutes. Rinse out mould with cold water. Pour in mixture, leave to cool, then turn out.

## RUSK TRIFLE

- 5 rusks.
- 2 teaspoons jam.
- $\frac{3}{4}$  pint custard (made with household or tinned milk).

Crush up the rusks and mix with the jam. Put into the bottom of the dish. Pour over the custard and allow to set.

## EGG CUSTARD

- $\frac{3}{4}$  pint reconstituted household or tinned milk.
- 2 dried eggs.
- 1 level tablespoon sugar.

Reconstitute the eggs by mixing 2 level tablespoons dried egg with 4 tablespoons water till smooth. Heat the milk and pour over eggs and return to pan. Cook slowly till thickened, stirring well. Add sugar and serve in custard cups.

## BAKED CUSTARD

As recipe above, but pour into greased pie-dish and bake in slow oven till set instead of cooking in pan.

## FRUIT FOOL

- $\frac{3}{4}$  lb. rhubarb or other fruit.
- 4 level tablespoons household milk powder.
- 1 level tablespoon sugar.

Simmer fruit in a pan with sugar and very little water until soft. Allow to cool. Beat up with a fork, add milk and beat until a creamy consistency.

## MOCK CREAM

- 3 level tablespoons household milk powder.
- 1 level teaspoon sugar.
- $\frac{1}{2}$  oz. margarine.
- Little water.

Put the dried milk into a bowl, add sugar and a little water, sufficient to make into a smooth cream when it has been well beaten. Add the margarine melted and a little flavouring if liked.



## **SANDWICH SPREADS**

## *and Fillings*

### **PARSLEY AND CHEESE OR POTATO SPREAD**

Mix butter or margarine with a little chopped parsley, grated cheese and seasoning. Spread on the bread and make up into a sandwich. Parsley can also be mixed with the mashed potato.

### **SPINACH AND CHEESE FILLING**

Wash spinach well, shred very finely, mix with a little grated cheese and seasoning, and put between slices of bread and butter.

### **WATERCRESS FILLING**

Wash watercress thoroughly, chop finely and season. Put between layers of bread and butter.

### **CHEESE AND CABBAGE OR CABBAGE AND POTATO**

Wash the cabbage and shred finely. Mix a little grated cheese with soft margarine and spread this on slices of bread. Put the cabbage between and form into sandwiches. Shredded cabbage can also be mixed with mashed potato, creamed with household milk.

### **SPROUT AND VEGETABLE EXTRACT OR POTATO FILLING**

Wash sprouts and shred finely, and use to fill sandwiches of bread and margarine, spread with a little vegetable extract. Sprouts can also be mixed with mashed potato creamed with household milk.

# BISCUITS AND RUSKS

A small biscuit or portion of cake may be given at tea time in place of rusk or bread and jam.

## EASTER BISCUITS

9oz. flour.

7 tablespoons reconstituted milk.

3oz. fat.

1½ tablespoons sugar.

½ level teaspoon bicarbonate soda.

*Method.*—Boil sugar and milk and when sugar is dissolved add soda. Cool. Rub fat into flour to which may be added spice, ginger, or currants. Mix with sugar and milk to fairly stiff paste and roll very thin. Bake in a moderate oven till pale brown.

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NOTE.—Have you read the first leaflet in this series—*General Guide for Children aged 1-17 years?*

**Ministry**



**of Food**