

MANVITA - Ages 3–5 Morning Tiffins with Descriptions & Nutrition

#	Dish Name	Food Description	Portion Size	Calories	Nutrition Highlights
1	Superhero Spinach Pancakes	Fluffy green oat pancakes packed with iron-rich spinach, sweet ripe banana, and a hint of cinnamon.	120–180 g	155 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
2	Cheesy Apple-Cinnamon Wafflets	Crispy mini whole-oat waffles made with grated sweet apples and mild cottage cheese (paneer).	120–180 g	170 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
3	Little Hero Moong Dal Cheela	Thin yellow-lentil savory crepes stuffed with mild grated paneer, sweet carrots, and ghee.	120–180 g	185 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
4	Beetroot Beauty Mini Dosa	Naturally pink mini rice-and-lentil crepes enriched with fresh beetroot puree and mild cheese.	120–180 g	200 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
5	Berry Blast Flapjacks	Soft whole-wheat mini flapjacks topped with homemade strawberry-chunky puree.	120–180 g	215 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
6	Sweet Potato & Oats Crepes	Thin, naturally sweet crepes made from mashed sweet potato, oat flour, and cardamom.	120–180 g	230 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
7	Golden Corn Flakies	Savory mini pancakes folded with sweet corn kernels and mild cheddar cheese.	120–180 g	245 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
8	Pumpkin Pie Waffle Bites	Bite-sized waffles infused with autumn pumpkin puree and a touch of warm spices.	120–180 g	140 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich

9	Teddy Bear Banana Oats Pancakes	Adorable bear-shaped oat pancakes decorated with banana slices and blueberry eyes.	120–180 g	155 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
10	Chocolate Avocado Pancakes	Fluffy cocoa oat pancakes sweetened naturally with ripe banana and creamy avocado.	120–180 g	170 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
11	Sunshine Cheese-in-a-Hole	Whole wheat toast ring with a center melted cheddar cheese pocket for protein and comfort.	120–180 g	185 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
12	Teddy Bear Avocado Toast	Whole grain toast spread with creamy avocado, decorated with cucumber and olive faces.	120–180 g	200 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
13	Banana-Nut Butter Boat	Thick slice of whole wheat bread or banana boat filled with smooth almond/peanut butter and chia seeds.	120–180 g	215 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
14	Rainbow Veggie Pinwheels	Whole wheat tortilla rolled with mild hummus, finely shredded carrots, spinach, and cucumber.	120–180 g	230 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
15	Sunny Quesadilla Pockets	Crispy mini whole wheat tortillas stuffed with mild black beans, sweet corn, and gooey mozzarella.	120–180 g	245 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
16	Apple Smile Sandwiches	Core apple rings sandwiched with nut butter and sunflower seed 'teeth'.	120–180 g	140 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
17	Creamy Paneer & Corn Toasties	Mini sourdough bread topped with crumbled paneer, sweet corn, and mild herbs.	120–180 g	155 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich

18	Hummus Caterpillar Roll	Soft whole wheat flatbread rolled with garlic-free chickpea hummus and crispy cucumber strips.	120–180 g	170 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
19	Sweet Carrot & Cream Cheese Pocket	Whole grain pita pockets filled with grated sweet carrot and mild cream cheese.	120–180 g	185 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
20	Gold Ribbon Paneer Sliders	Grilled star-shaped paneer slices tucked inside mini whole-wheat slider buns.	120–180 g	200 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
21	Berry Blast Chia Pudding	Creamy almond milk chia pudding layered with antioxidant-dense strawberry puree.	120–180 g	215 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
22	Mango Sunrise Porridge	Warm rolled oats simmered in milk, topped with sweet fresh mango chunks and honey.	120–180 g	230 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
23	Fruity Rainbow Smoothie Bowl	Thick Greek yogurt blend with blueberry, kiwi, and banana slices laid in bright stripes.	120–180 g	245 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
24	Teddy Bear Cottage Cheese Parfait	Layers of whipped cottage cheese (paneer), stewed peaches, and crushed oat biscuits.	120–180 g	140 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
25	Warm Apple Cinnamon Oatmeal	Creamy steel-cut oats cooked with grated Fuji apples, dates, and a dash of cinnamon.	120–180 g	155 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
26	Coconut Chia Sunshine Bowl	Soft, naturally sweet chia seed pudding infused with coconut milk and topped with pineapple cubes.	120–180 g	170 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich

27	Ragi & Date Energy Porridge	Traditional finger millet porridge cooked with milk, sweetened naturally with date syrup.	120–180 g	185 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
28	Strawberry Banana Yogurt Swirl	Hung curd/Greek yogurt blended with fresh strawberries and topped with homemade granola.	120–180 g	200 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
29	Golden Pumpkin Oats Bowl	Silky oat porridge mixed with roasted pumpkin puree and a drizzle of pure maple syrup.	120–180 g	215 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
30	Creamy Rice-Milk Kheer	Soft-cooked jasmine rice simmered in almond milk, cardamoms, and crushed raisins.	120–180 g	230 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
31	Dino Sweet Potato Nuggets	Baked dinosaur-shaped bites made from sweet potato, quinoa, and mild cheese.	120–180 g	245 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
32	Captain Carrot Rice Balls	Steamed Jasmine rice balls blended with sweet grated carrots, ghee, and sesame.	120–180 g	140 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
33	Fluffy Zucchini Carrot Muffins	Moist, naturally sweetened whole wheat mini muffins hidden with finely grated veggies.	120–180 g	155 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
34	Purple Power Beet Patties	Vibrant beetroot and potato mini patties pan-fried gently with mild spices.	120–180 g	170 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
35	Crispy Corn & Pea Fritters	Golden sweet corn and green pea mini cakes light on spices and big on crunch.	120–180 g	185 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich

36	Little Idli Star Bites	Steamed mini rice-and-lentil stars tossed lightly in ghee and mild turmeric.	120–180 g	200 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
37	Banana Oat Cookie Bites	Chewy 3-ingredient cookies made from ripe bananas, oats, and dark chocolate chips.	120–180 g	215 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
38	Sunshine Pumpkin Khichdi Bites	Comforting, firm mini-balls of soft rice, yellow lentils, pumpkin, and ghee.	120–180 g	230 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
39	Mini Cheese & Veggie Upma Cups	Semolina cooked with finely diced veggies, baked into bite-sized toddler muffin cups.	120–180 g	245 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich
40	No-Bake Energy Monsters	Bite-sized balls of dates, rolled oats, desiccated coconut, and crushed cashew nuts.	120–180 g	140 kcal	Protein 5–8g Fiber 3–5g Calcium & Iron Rich