



**BLW**  
**WITH EASE**

Baby Finger Food  
Meal Plan  
(18+ Months)



## Baby Finger Food Meal Plan (18+ Months – Week 1)

- Banana Quinoa Muffins
- Creamy Vegetables Pasta
- Cheesy Waffles with Jam
- Lamb Meatballs
- Sweetcorn Fritters
- Lentil Pancakes Roll
- Creamy Fish Soup with Bee Hoon



## Baby Finger Food Meal Plan (18+ Months – Week 2)

- Banana Spinach Pancakes
- Blueberry Yoghurt Muffins
- Butternut Squash Rice Patty
- Granola
- Egg Frittata
- Broccoli Cauliflower Soup
- Banana French Toast Cups



## Baby Finger Food Meal Plan (18+ Months – Week 3)

- Korean Vegetables Pancakes
- Cheesy Zucchini Muffins
- Broccoli Pea Pasta
- Creamy Pumpkin Soup with Toast
- Avocado Banana Pancakes
- Pumpkin Mac & Cheese
- Creamy Mushroom Soup



## Baby Finger Food Meal Plan (18+ Months – Week 4)

- Spinach Pancakes
- Zucchini Corn Polenta Muffin
- ABC Chicken Macaroni Soup
- Cheesy Broccoli Rice
- Fish Tofu Nuggets
- Sweet Potato Tots
- Greek Yogurt Blueberry Pancakes