



**BLW**  
**WITH EASE**

Baby Finger Food  
Meal Plan  
(9 to 12 months)



## Baby Finger Food Meal Plan (9 to 12 Months – Week 1)

- Egg Omelette
- Banana Quinoa Muffin
- Mixed Vegetable Tots
- Chicken Zucchini Fritters
- Lamb Steak
- Creamy Vegetables Pasta
- Lentil Pancakes



## Baby Finger Food Meal Plan (9 to 12 Months – Week 2)

- Cheesy Chicken Cups
- Banana Spinach Pancakes
- Cod Potato Sticks
- Sweet Corn Fritters
- Baby Chillas
- Sourdough Toast with Homemade Berry Jam
- Egg Frittata



## Baby Finger Food Meal Plan (9 to 12 Months – Week 3)

- Cheesy Zucchini Muffins
- Avocado Banana Pancakes
- Chicken Broccoli Fritters
- Chicken Curry with Mash Potatoes
- Broccoli Chickpea Fritters
- Creamy Pumpkin Soup with Toast
- Broccoli Pea Pasta



## Baby Finger Food Meal Plan (9 to 12 Months – Week 4)

- Spinach Waffles
- Fish Tofu Nuggets
- ABC Chicken Soup
- Corn Fritters
- Cheesy Potato Muffins
- Sweet Potato Tots
- Greek Yoghurt Blueberry Pancakes