

# Simple Meal Ideas for Fussy Kids & those with Food Allergies

## 1. Choose a Meat



## 2. Pick a Way of Serving It

Grill it plain

Rissoles

Schnitzel

Kebabs

Meatballs

Sausages

Roast

Steam it



## 3. Pick Your Sides

Mashed potato / mashed sweet potato

Homemade chips / sweet potato chips

Potato fritters / rosti

Plain rice

Plain pasta

**PLUS.....**

Steamed vegetables

Salad, or

Roasted Vegetables