sma Nutrition

Toddler meal ideas to make them go mmm...

Planning toddler meals alongside family ones can be time-consuming. We've put together a simple menu checklist to give you inspiration and tips for delicious and healthy toddler breakfasts, lunches and dinners. Aim for three balanced meals and two snacks a day. Try not to stress if your little one sticks to a few favourites to begin with. Always follow NHS guidance on preparing and serving foods safely to reduce the risk of choking.

- [ ] Porridge with banana or fruit compote.
- [ ] English muffin with tomatoes and scrambled eggs or sardines.
- [ ] Cheese on toast with mushrooms.
- [ ] Omelette with chopped veggies.
- [ ] Jacket potato with tuna and sweetcorn.
- [ ] Boiled rice with chicken and pepper skewers.
- [ ] Pasta with tomato sauce and cheese.
- [ ] Avocado on toast with a dash of paprika.
- [ ] Hidden veg lasagne.
- [ ] Shepherds pie using sweet potato mash.
- [ ] Mild korma curry and rice.
- [ ] Meatballs and pasta.
- [ ] For sweet snacks try fruit scones, frozen yoghurt-coated blueberries, fruit.
- [ ] For savoury snacks try rice cakes, veg sticks with hummus or yoghurt dip, breadsticks and olive dip (tapenade).
- [ ] Remember to give plenty of drinks. Milk or water.