



MEAL SHARING

Hi Friend!

I'm Mel, a Food Allergy mom. My daughter is allergic to peanuts and milk and I have changed up my family recipes to accommodate her food allergies. I have included some links; simply click on a highlighted meal to jump to our recipe.

I will be sharing details in our [Facebook Group: Toddler Meals - Allergy Friendly Support](#), as I work through each week. Feel free to join and ask any questions and share your family favourites too!

Enjoy!

Mel ☺

DAY	BREAKFAST	LUNCH	DINNER	PREP WORK
SUNDAY	French Toast with roasted cinnamon apples	Cabbage Roll Soup Take 3 +rice or noodles to change it up	BBQ Steak Dinner with baked potato and veggies	Cook up ground beef from grocery run. Freeze for a quick reheat later in the week for spaghetti lunch.
MONDAY	Oatmeal, honey, frozen blueberries	Almond butter sandwiches, pear slices	Pulled Pork (recipe in our Facebook group)	-Pull the pork for lunch tomorrow, grate "cheese", and chop up onions/vegs -Prep School Snack pack
TUESDAY	Baked Egg Bites	Pulled Pork Quesadillas	Mama's Meatloaf	
WEDNESDAY	French Toast with fruit	Toasted Pitas 'chips' with hummus or almond butter	Mama's Meatloaf Take 2	-Boil Eggs -Take out Ground beef -Prep School Snack pack
THURSDAY	Banana walnut "boats" and	Egg Salad Sandwiches	Chicken Pot Pie	Chop cabbage / onions
FRIDAY	SosiCakes	AB & Jam Sandwiches	Take 2 Chicken Pot Pie	Take out frozen buns
SATURDAY	SosiCake Sandwiches with fruit	Cabbage Roll Soup	Parents for dinner!	Cook whole chicken