

Nov 17th - Nov 23rd

Meal plan for the week

	Breakfast	Lunch	Dinner
Monday	Pancakes & Blueberries	Hummus & carrot sandwiches, cake, fruit & yogurt	Chicken fried rice
Tuesday	Porridge & bananas	Broccoli soup with toasted cheese sandwiches, fruit	Vegetable chilli with rice
Wednesday	Toast & peanut butter	Roasted sweet potato soup, crusty bread, fruit	Cottage pie
Thursday	Krisprolls with cream cheese & blueberries	Tuna & Cheese melt	Chicken tacos
Friday	Pancakes & bananas	Jacket potatoes with baked beans	Pizza, garlic bread & corn cobs
Saturday	Toasted teacakes	Homemade sausage rolls	Ginger prawn stir fry
Sunday	Pain au chocolate	Roast beef dinner	Beef & mustard sandwiches