

Jan 5th - Jan 11th

Meal plan for the week

	Breakfast	Lunch	Dinner
Monday	Porridge with blueberries	Root vegetable soup	Chicken pie with seasonal vegetables
Tuesday	Wholemeal toast with peanut butter	Mushrooms & cheese on toast	Lentil & vegetable pasta bake
Wednesday	Banana pancakes	Roast root veggies with mustard mayo dip	Seedy stir fry with rice
Thursday	Porridge with blueberries	Pear & stilton salad	Potato Hash
Friday	Chocolate sprinkle sandwiches	Bottom of the fridge soup	Vegetable curry with rice
Saturday	Pancakes with blueberries	Bacon, egg & cheese hash	Spanish rice with chorizo
Sunday	Brunch	Mexican Brunch	Chicken & sausage casserole with roast potatoes & vegetables