

Mar 16th - Mar 22nd

Meal plan for the week

	Breakfast	Lunch	Dinner
Monday	Eggy bread	Pasta salad, cookies & fruit	Spaghetti alla marinara with salad
Tuesday	Porridge with blueberries	Quesadillas, cookies & fruit	Spaghetti with potatoes, pesto & green beans
Wednesday	Scrambled egg on toast	Ham salad baguette & flapjack & fruit	Tagliatelle with ham & peas
Thursday	Toast & cereal	Pizza & flapjack & fruit	Chicken & chorizo one pot with gnocchi
Friday	Chocolate sprinkle sandwiches	Vegetable couscous & flapjack & fruit	Homemade pizza
Saturday	Pain au chocolate	Leftover pizza & couscous	Tapas
Sunday	Croissant	Leftover tapas	Roast lamb, flatbreads, couscous & salad