

Menu Plan #12

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Breakfast Smoothie	Thai Chicken & Veggie Noodles	Ham, Vegetable and Tomato Spagetti	Veggie sticks & Hummus Blueberry Muffin
TUES	French toast, banana & maple	Chicken Wraps	Beef Stew	Peanut Butter Biscuits Piece of Fruit
WED	Creamy Oats	Beef Stew (leftovers) Sandwiches	Lasagne & Salad	Fruit Salad Sliced Cucumber & cheese
THURS	Scrambled Egg of wholegrain toast	Lasagne (leftovers)	Chicken Stirfry & brown rice	Fruit Salad DIY Lunchables (crackers, cheese & cucumber)
FRI	Peanut Butter Toast, Apple Slices	Cous Cous Salad	Fried Rice	Veggie Sticks & Hummus Blueberry Muffin
SAT	Banana Pancakes	Nachos	Homemade Burgers DESSERT: Choc Chia Pudding	Fruit
SUN	Breakfast Wraps	(LATE LUNCH / EARLY DINNER) Roast Chicken, Potatoes, Rice and Vegetables & Gravy.		Crackers & Salsa DESSERT: Apple Crumble & cream