

MEAL PLANNER

Week SEVEN
11-3 ~ 17-3



	BREAKFAST	MORNING TEA	LUNCH	AFTERNOON TEA	DINNER	DESSERT	SUPPER
M o n	Cold Breakfast	Processed Snacks	Make Your Own (healthy options)	Make Your Own (healthy options)	Pasta Bake x2 & Salad	Fruit Salad & Custard	Biscuits
T u e	Coco-pop day	Popcorn	Nachos	Make Your Own (healthy options)	Chicken Parmigiana, Potato Gem Bake & Salad	Mango Pudding	Savoury Muffins
W e d	Cooked Breakfast	Mini Quiche	Sandwiches / Rolls	Make Your Own (healthy options)	Steak, Chicken, Pasta bake & Vegetables	Biscuit Slice	Brownies
T h u r	Cold Breakfast	Processed Snacks	Cheese burgers	Saint Patricks day themed platters	Irish Stew, Shepherds Pie & Salad	Irish Apple Cake	Platter
F r i	Cooked Breakfast	Scones	Make Your Own	Make Your Own	Pulled Pork Nachos	Ice Cream	Scrolls
S a t	Cold Breakfast	X	Vietnamese Salad Bowls	X	Hamburgers, Chips & Salad	Peach Cobbler	Muffins
S u n	Cold Breakfast	X	Chicken Rolls & Salad	X	Tacos & Salad	Ice Cream Slice	Zucchini Slice