

Meal Plan

	Breakfast	Lunch	Dinner
Monday	Strawberry yoghurt porridge with banana	Egg salad sandwiches	Chicken curry and rice
Tuesday	Cereal with apple slices	Cheese toasties	Chicken fried rice
Wednesday	Boiled eggs and toast	Veggie pasta with cheese	Baked potatoes with bolognese
Thursday	Beans on toast	Chicken salad sandwiches	Spaghetti bolognese
Friday	Apple and strawberry overnight oats	Veggie pasta with cheese	Pizza and chips
Saturday	Bacon and egg sandwiches	Chicken and vegetable omelette	Sausage, bean and cheese wraps with chips
Sunday	Cereal with bananas	Cheese toasties	Sausage roast with vegetables

Notes: