BURTON FAMILY'S MEAL PLANNER

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	**BREAKFAST** Porridge and Berries **LUNCH** Pesto and Pepper Pasta Salad **DINNER** Spiced Beef Skewers, Rice and Veggies	**BREAKFAST** Yoghurt and Granola **LUNCH** Tuna Mayo Pasta Salad **DINNER** Peanut Chicken Curry, Rice	**BREAKFAST** Bagels, Peanut Butter and Banana **LUNCH** Cheese and veg frittata **DINNER** Sausage and Borlotti Bean Cassoulet, New Potatoes	**BREAKFAST** Porridge with Banana and Cinnamon **LUNCH** Egg Ham and Cheese Muffins **DINNER** Chinese Honey Chicken with Rice Noodles and Pak Choi
TUE	**BREAKFAST** Toast with Toppings **LUNCH** Tomato and Basil Soup, Cheese Sandwiches **DINNER** Arrabiata Pasta with Garlic Bread	**BREAKFAST** Bagels, Peanut Butter and Jam **LUNCH** Cheese and Veg Frittata **DINNER** Mexican Pasta Bake	**BREAKFAST** Apple Pie Overnight Oats **LUNCH** Pesto and Pepper Pasta Salad **DINNER** Harissa Chicken and Chickpea Stew, Potatoes and Veggies	**BREAKFAST** French Toast with Fruit and Yoghurt **LUNCH** Butternut Squash Soup, Baguettes and Butter **DINNER** Buffalo Chicken, Baked Sweet Potatoes, Corn
WED	**BREAKFAST** French Toast with Fruit and Yoghurt **LUNCH** Cheese and Veg Frittata **DINNER** Cajun Salmon, Rice and Broccoli	**BREAKFAST** Blueberry Overnight Oats **LUNCH** Butternut Squash Soup, Baguettes and Butter **DINNER** Buffalo Chicken, Wedges and Salad	**BREAKFAST** Porridge and Berries **LUNCH** Tomato and Basil Soup, Cheese Sandwiches **DINNER** Arrabiata Gnocchi Bake, Garlic Bread	**BREAKFAST** Toast with Toppings **LUNCH** Tuna Mayo Pasta Salad **DINNER** Mexican Pasta Bake
THU	**BREAKFAST** Bagels, Peanut Butter and Banana **LUNCH** Sundried Tomato Rice Salad **DINNER** Mince Fajitas and Salad	**BREAKFAST** Toast with Toppings **LUNCH** BLT Pasta Salad **DINNER** Ratatouille Hake Parcels, New Potatoes	**BREAKFAST** French Toast with Fruit and Yoghurt **LUNCH** Quinoa Salad with Halloumi Cheese **DINNER** Spiced Beef Skewers with Baked Potatoes and Salad	**BREAKFAST** Blueberry Overnight Oats **LUNCH** Baked Potatoes with Toppings **DINNER** Peanut Chicken Curry, Rice
FRI	**BREAKFAST** Apple Pie Overnight Oats **LUNCH** Chicken Mayo Salad Sandwiches **DINNER** Sausage and Borlotti Bean Cassoulet, Mash	**BREAKFAST** French Toast with Fruit and Yoghurt **LUNCH** Baked Potatoes with Toppings **DINNER** Chinese Honey Chicken with Rice Noodles and Pak Choi	**BREAKFAST** Toast with Toppings **LUNCH** Chunky Vegetable Soup, Ham Sandwiches **DINNER** Mince Fajita Rice Bowls, Guacamole and Salad	**BREAKFAST** Bagels with Peanut Butter and Jam **LUNCH** Cheese and veg frittata **DINNER** Ratatouille Inspired Hake Parcels with Potato Wedges
SAT	**BREAKFAST** Toasted Muffins with Scrambled Eggs **LUNCH** Baked Potatoes with Toppings **DINNER** Butter Chicken and Rice	**BREAKFAST** Crumpets with Poached Eggs **LUNCH** Egg Ham and Cheese Muffins **DINNER** Burger Night with Wedges and Coleslaw	**BREAKFAST** Pancakes with Bacon and Maple Syrup **LUNCH** Chicken Caesar Salad **DINNER** Chicken Shawarma Traybake	**BREAKFAST** Bacon and Eggs on Toast **LUNCH** Tuna Melt Paninis **DINNER** Pizza Night
SUN	**BREAKFAST** Pancakes with Bacon and Maple Syrup **LUNCH** Chunky Vegetable Soup, Crackers with Cheese **DINNER** Harissa Chicken and Chickpea Stew, Potatoes and Veggies	**BREAKFAST** Bacon and Eggs on Toast **LUNCH** Tuna Melt Paninis **DINNER** Sunday Spatchcock Chicken	**BREAKFAST** Toasted Muffins with Scrambled Eggs **LUNCH** Baked Potatoes with Toppings **DINNER** Cajun Salmon, Corn Tacos, Salad	**BREAKFAST** Crumpets with Poached Eggs **LUNCH** BLT Pasta Salad **DINNER** Sunday Spatchcock Chicken

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