

MITCHELL FAMILY'S MEAL PLANNER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON



BREAKFAST
Toast with toppings
LUNCH
Chunky vegetable soup with baguettes
DINNER
Smoky bean cobbler



BREAKFAST
Cereal
LUNCH
Cheese and veg fritata
DINNER
Tuna hash bake, peas



BREAKFAST
Apple pie overnight oats
LUNCH
Chunky vegetable soup with baguettes
DINNER
Arabiata spaghetti, garlic bread



BREAKFAST
Porridge with fruit
LUNCH
Tomato soup with cheese sandwiches
DINNER
Half and half bolognese



TUE



BREAKFAST
Porridge with banana
LUNCH
Tuna sweetcorn mayo baguettes with salad
DINNER
Mushroom chilli and rice



BREAKFAST
Yoghurt with fruit
LUNCH
Ham and cheese paninis
DINNER
Sweet potato and chickpea one pot with cous cous



BREAKFAST
Toast with toppings
LUNCH
Pesto sweetcorn pasta salad
DINNER
Smoky bean cobbler



BREAKFAST
Toasted muffins with toppings
LUNCH
Pesto pasta salad
DINNER
Meatball subs with salad



WED



BREAKFAST
Scrambled egg on toast
LUNCH
Cheese and tomato muffins
DINNER
Arabiata spaghetti



BREAKFAST
Pita bread with peanut butter and banana
LUNCH
Pesto sweetcorn pasta salad
DINNER
Butter chicken, rice



BREAKFAST
Crumpets with poached egg
LUNCH
Tuna mayo baguettes with salad
DINNER
Chickpea sweetcorn burgers, chips



BREAKFAST
Apple pie Overnight oats
LUNCH
Baked potatoes with toppings
DINNER
Tuna hash bake, peas



THU



BREAKFAST
Yoghurt and banana
LUNCH
Tomato soup with cheese sandwiches
DINNER
Chickpea sweetcorn burgers, wedges



BREAKFAST
Porridge with fruit
LUNCH
Ham and cheese paninis
DINNER
Meatball subs with salad



BREAKFAST
Scrambled egg on toast
LUNCH
Sweetcorn, spring onion and tuna pasta salad
DINNER
Minced beef hot pot, peas and carrots



BREAKFAST
Toast with toppings
LUNCH
Chunky vegetable soup with baguettes
DINNER
Sausage traybake



FRI



BREAKFAST
Porridge with berries
LUNCH
Pesto and sweetcorn pasta salad
DINNER
Chicken Parmigiana



BREAKFAST
Cereal
LUNCH
Baked potatoes with toppings
DINNER
Half and half bolognese



BREAKFAST
Yoghurt with granola
LUNCH
Cheese and tomato muffins
DINNER
Chickpea and chicken korma



BREAKFAST
Crumpets with poached egg
LUNCH
Simple sausage rolls
DINNER
Butter chicken, rice



SAT



BREAKFAST
Sweet waffles
LUNCH
Ham and cheese paninis
DINNER
Meatball subs with wedges



BREAKFAST
French toast with banana
LUNCH
Simple sausage rolls
DINNER
Hidden veg pasta bake



BREAKFAST
Toasted muffins with toppings
LUNCH
Baked potatoes with toppings
DINNER
One pot chicken dinner



BREAKFAST
Cereal
LUNCH
Tuna mayo baguettes with salad
DINNER
Chicken Parmigiana



SUN



BREAKFAST
Toast with toppings
LUNCH
Baked potatoes with toppings
DINNER
Minced beef hotpot, peas and carrots



BREAKFAST
Pancakes with chocolate spread and banana
LUNCH
Chunky vegetable soup with baguettes
DINNER
Sausage traybake



BREAKFAST
Scrambled egg on toast
LUNCH
Simple sausage rolls
DINNER
Mushroom chilli with baked potatoes



BREAKFAST
Crumpets with poached egg
LUNCH
Sweetcorn, spring onion and tuna pasta salad
DINNER
Sweet potato and chickpea one pot

