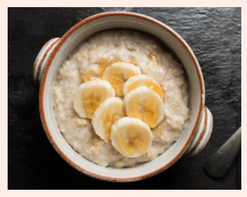
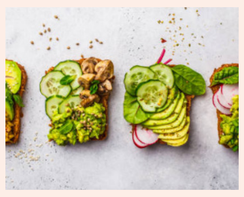
STRUDWICK FAMILY'S MEAL PLANNER

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	 **BREAKFAST** Porridge and berries **LUNCH** Pesto and pepper pasta salad **DINNER** Chicken korma, rice and naan 	 **BREAKFAST** Toast with toppings **LUNCH** Cheese and veg frittata **DINNER** Chicken fajitas with salad 	 **BREAKFAST** Apple pie overnight oats **LUNCH** Tomato and basil soup, ham and cheese sandwiches **DINNER** Mediterranean gnocchi pesto traybake 	 **BREAKFAST** Porridge with banana and cinnamon **LUNCH** Tuna mayo pasta salad **DINNER** Lasagna, salad
TUE	 **BREAKFAST** Bagels, peanut butter and banana **LUNCH** Cheese and veg frittata **DINNER** Spaghetti Bolognese, garlic bread 	 **BREAKFAST** Blueberry overnight oats **LUNCH** Butternut squash soup, cheese sandwiches **DINNER** Meatball toad in the hole 	 **BREAKFAST** French toast with fruit and yoghurt **LUNCH** Sundried orzo pasta salad **DINNER** Tuna fish cakes and peas 	 **BREAKFAST** Toast with toppings **LUNCH** Egg ham and cheese muffins **DINNER** Sweet and sour veggie stir fry, noodles
WED	 **BREAKFAST** Apple pie overnight oats **LUNCH** Tomato and basil soup, ham sandwiches **DINNER** Mediterranean gnocchi pesto bake 	 **BREAKFAST** French toast with fruit and yoghurt **LUNCH** Tuna mayo pasta salad **DINNER** Lamb stuffed pittas, hummus and salad 	 **BREAKFAST** Porridge and berries **LUNCH** Baked potatoes with toppings **DINNER** Chilli with nachos 	 **BREAKFAST** Bagels with peanut butter and jam **LUNCH** Cheese and veg frittata **DINNER** Chicken fajitas with salad
THU	 **BREAKFAST** Toast with toppings **LUNCH** Sundried orzo pasta salad **DINNER** Tuna fish cakes, salad 	 **BREAKFAST** Porridge with banana and cinnamon **LUNCH** Egg, ham and cheese muffins **DINNER** Lasagna, salad 	 **BREAKFAST** Toasted muffins with scrambled eggs **LUNCH** Coronation chicken baguettes **DINNER** Pizza night 	 **BREAKFAST** Blueberry overnight oats **LUNCH** Butternut squash soup, ham sandwiches **DINNER** Thai peanut chicken rice traybake
FRI	 **BREAKFAST** French toast with fruit and yoghurt **LUNCH** Chicken mayo pittas **DINNER** Thai peanut chicken rice traybake 	 **BREAKFAST** Bagels, peanut butter and jam **LUNCH** BLT pasta salad **DINNER** Sweet and sour veggie stir fry, rice 	 **BREAKFAST** Toast with toppings **LUNCH** Cheese and veg frittata **DINNER** Hunters chicken, wedges and corn on the cob 	 **BREAKFAST** Crumpets with poached eggs **LUNCH** Baked potatoes with toppings **DINNER** Burgers, wedges and coleslaw
SAT	 **BREAKFAST** Toasted muffins with scrambled eggs **LUNCH** Baked potatoes with toppings **DINNER** Pizza night 	 **BREAKFAST** Bacon and eggs on toast **LUNCH** Tuna melt paninis **DINNER** Burgers, wedges and coleslaw 	 **BREAKFAST** Pancakes with bacon and maple syrup **LUNCH** Chunky vegetable soup, French bread **DINNER** Spaghetti Bolognese, garlic bread 	 **BREAKFAST** French toast with fruit and yoghurt **LUNCH** BLT pasta salad **DINNER** Meatball toad in the hole
SUN	 **BREAKFAST** Pancakes with bacon and maple syrup **LUNCH** Chunky vegetable soup, French bread **DINNER** Hunters chicken, baked potatoes and salad 	 **BREAKFAST** Crumpets with poached eggs **LUNCH** Baked potatoes with toppings **DINNER** Spatchcock roast chicken 	 **BREAKFAST** Bagels, peanut butter and banana **LUNCH** Pesto and pepper pasta salad **DINNER** Chicken korma, baked potatoes and salad 	 **BREAKFAST** Bacon and eggs on toast **LUNCH** Tuna melt paninis **DINNER** Spatchcock roast chicken

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