

# STRUDWICK FAMILY'S MEAL PLANNER

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON



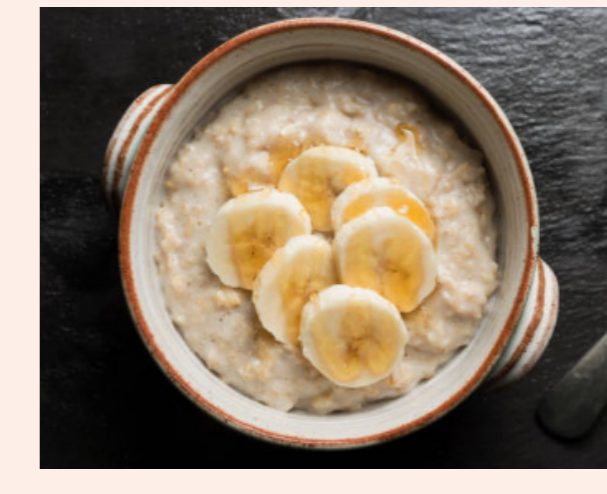
**BREAKFAST**  
Porridge and berries  
**LUNCH**  
Pesto and pepper pasta salad  
**DINNER**  
Chicken korma, rice and naan



**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 pitas, 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 pitas  
**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

