

# JUST A LITTLE meal plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHILDREN	<p>Tuna Pasta Bake with Sweetcorn</p> <p>Strawberries &amp; Ice cream</p>	<p>Pizza Tortillas, Cucumber, Peppers</p> <p>Chocolate Mousse</p>	<p>Chicken Goujons, Uncle Beans Rice &amp; Broccoli</p> <p>Peaches</p>	<p>Salmon Pesto, French Beans &amp; New Pots</p> <p>Angel Delight</p>	<p>Veggie Spaghetti Bolognese</p> <p>Strawberries &amp; Ice cream</p>	<p>Chicken Goujon Wraps</p> <p>Fresh Pasta with Tomato Sauce &amp; Broccoli</p> <p>GU pots</p>	<p>Eggs &amp; Roasted Potatoes Tray Bake</p> <p>Eating Out</p> <p>Eating Out</p>
ADULTS	<p>Mexican Tofu, Refried Beans &amp; Lime Rice</p>	<p>Feel Good Fish 'N' Chips</p>	<p>Butternut Squash Lentil &amp; Coconut Dal</p>	<p>Filo Salmon En Croute with Basil &amp; Curly Kale Pesto Potatoes Served with Green Beans &amp; Roasted Tomatoes</p>	<p>Veggie Spaghetti Bolognese</p>	<p>Soup &amp; Bread</p> <p>Goan Fish Curry</p> <p>GU pots</p>	<p>Eggs &amp; Roasted Potatoes Tray Bake</p> <p>Eating Out</p> <p>Eating Out</p>