

# JUST A LITTLE meal plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHILDREN	<p>Chicken Goujon, Cucumber, Pepper &amp; Mayo Wraps</p> <p>Muller Corner</p>	<p>Macaroni Cheese With Sweetcorn</p> <p>Fruit Salad</p>	<p>Beans with Cheese on Toast</p> <p>Chocolate Avocado Mousse</p>	<p>Fish Fingers, Uncle Ben's Golden Veg Rice &amp; Green Beans</p> <p>Tray bake Sponge &amp; Custard</p>	<p>Chicken Kiev, New Potatoes &amp; Peas</p> <p>Tinned Peaches</p>	<p>Eggs, Avocado on Toast</p>	<p>Soup &amp; Bread Rolls</p>
ADULTS	<p>One-Pot Smoked Fish, Leek &amp; Sweetcorn Chowder</p>	<p>Beet Burgers &amp; Homemade Chips</p>	<p>Crispy Tofu with Pak Choi &amp; Peanut Sauce</p>	<p>Salmon with Pesto Top, Roasted Cherry Tomatoes, Crushed New Potatoes &amp; Green Beans</p>	<p>Coconut Dal with Roasted Butternut Squash, Crispy Onions &amp; Flatbreads</p>	<p>Salmon, Broccoli, Cream &amp; Rose Wine Tagliette (see my food stories highlight)</p>	<p>Meat Lasagne (children) Mediterranean Vegetable Lasagne (adults)</p>