

JUST A LITTLE meal plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHILDREN	<p>Picnic Tea - Tuna Wraps, Cucumber, Raisins, Crisps</p> <p>Yoghurts</p>	<p>Chicken Korma with Rice</p> <p>Fruit Salad</p>	<p>Pizza Tortillas, Cucumber & Peppers</p> <p>Rice Pudding</p>	<p>Hake Panko Goujons, Chips and Beans</p> <p>Aldi's Cookie Dough Pie</p>	<p>Mini Roast Chicken Dinner, Yorkshire Pud, Potatoes, Broccoli & Gravy</p> <p>Tinned Peaches</p>	<p>Baguettes with Brie, Rocket & Cranberry, (Cheese and Ham for the children)</p>	<p>Soup & Bread Rolls</p>
ADULTS	<p>10-Min Indian Paneer & Lentil Salad</p>	<p>Tuna Pasta Bake</p>	<p>Veg Stir Fry</p>	<p>Sweet Chilli Fish & Sesame Pak Choi</p>	<p>10-Min Thai Green Haddock & Courgette Curry</p>	<p>At Friends</p>	<p>Veggie Spaghetti Bolognese</p>