



WEEK
ONE

Monday

Dinner Bolognese Penne Pasta

Snack Cheese quesadilla

Tuesday

Dinner Grilled chicken Wrap with Chips/ Wedges

Snack Granola Bar

Wednesday

Dinner Chicken Mayo Tramezzini

Snack 2x Flapjacks

Thursday

Dinner Chicken a la King Served with Rice

Snack Popcorn

Friday

Dinner Beef Burger with Chips | Wedges

Snack Vanilla Muffin



WEEK
TWO

Monday

Dinner Chicken Pesto Pasta

Snack Samosas

Tuesday

Dinner Beef Wrap with Chips | Wedges

Snack Chocolate Muffin

Wednesday

Dinner Chicken Prego Roll with Chips | Wedges

Snack Mini Quiches

Thursday

Dinner Beef / chicken stew & carrots served with Rice

Snack Half Breakfast Wrap

Friday

Dinner Chicken Burger with Chips | Wedges

Snack Banana Bread



WEEK
THREE

Monday

Dinner Beef Lasagne

Snack Muffin

Tuesday

Dinner Sweet chilli chicken Bite Wrap with Chips | Wedges

Snack Corn Dogs

Wednesday

Dinner Creamy Chicken Pie

Snack Scones with Jam | Cream or Butter

Thursday

Dinner Beef | Chicken Stir fry

Snack Spring Rolls

Friday

Dinner Chicken Wings with Chips | Wedges

Snack Pizza slices