

Meal Plan

This week, we're going to eat...

	Lunch	Dinner	Snack
Monday	Butternut squash and carrot soup	Fish pie	Crumpets with soft cheese and pepper slices
Tuesday	Jerk chicken with rice and beans	African sweet potato stew	
Wednesday	Peanut butter and banana sandwiches with carrot and cucumber sticks	Goulash	
Thursday	Jacket potato with beef stir fry	Minestrone soup	Yoghurt with chopped banana and strawberries
Friday	Bean and cheese wrap with celery and red pepper	Tuna pasta	
Saturday	Green mac and cheese	Egg fried rice	Yoghurt with chopped banana and strawberries
Sunday	Peanut butter and banana sandwiches with carrot and cucumber sticks	Jacket potato with vegetable chilli	

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