

# Meal Plan

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

	Lunch	Dinner	Snack
Monday	Peanut butter and banana sandwiches with carrot and cucumber sticks	Goulash	
Tuesday	Jacket potato with scrambled egg and spinach	Tuna pasta	Homemade salsa and veg sticks
Wednesday	Tuna pasta	Jacket potato with broccoli and soft cheese	
Thursday	Green mac and cheese	Chicken and sweetcorn soup	Crumpets with soft cheese and pepper slices
Friday	Bean and cheese wrap with celery and red pepper	Egg fried rice	
Saturday	Jerk chicken with rice and beans	Lentil and carrot soup	Scotch pancakes with sliced fruit
Sunday	Lentil and carrot soup	Spaghetti bolognese	

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