

Meal Plan

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

	Lunch	Dinner	Snack
Monday	Egg fried rice	Fish pie	Scotch pancakes with fruit
Tuesday	Chicken and sweetcorn soup	Vegetable biryani	
Wednesday	Jacket potato with scrambled egg and spinach	Spaghetti Bolognese	
Thursday	Bean and cheese wrap with celery and red pepper	Chicken and leek hotpot	Scotch pancakes with fruit
Friday	Green mac and cheese	Goulash	
Saturday	Bean and cheese wrap with celery and red pepper	Tuna pasta	Sweet potato wedges with a yoghurt dip
Sunday	Tuna pasta	Lentil and carrot soup	

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