



NON CHILLI CON CARNE

# SPRING MEAL PLAN



CHICKEN, BEAN AND VEGGIE  
SOUP

	WEEK 11	WEEK 12	WEEK 13	WEEK 14
MON	<p>NON CHILLI CON CARNE AND RICE</p> <p>YOGHURT, MUSELI AND FRUIT</p>	<p>BEEF SOUP</p> <p>ZUCCHINI SLICE AND FRUIT</p>	<p>HOMEMADE PIZZA AND SALAD</p> <p>YOGHURT, MUSELI AND FRUIT</p>	<p>SHEPHARDS PIE</p> <p>CHEESE TOASTIES AND FRUIT</p>
TUE	<p>CHICKEN, BEAN AND VEGGIE SOUP AND BREAD</p> <p>QUICHE AND FRUIT</p>	<p>FISH AND POTATOES</p> <p>BREAD AND FRUIT</p>	<p>MINCEMEAT &amp; VEGGIE PASTA</p> <p>BREAD AND FRUIT</p>	<p>CHICKEN WRAPS</p> <p>BREAD AND SMOOTHIES</p>
WED	<p>MASHED POTATOES AND MEAT</p> <p>BREAD AND FRUIT</p>	<p>MINCEMEAT AND BLACK BEAN TACOS</p> <p>YOGHURT, MUESLI AND FRUIT</p>	<p>LENTIL AND SWEET POTATO CURRY &amp; RICE</p> <p>YOGHURT, MUSELI AND FRUIT</p>	<p>CHICKEN AND TOMATO PASTA BAKE</p> <p>BREAD AND FRUIT</p>
THU	<p>SCRAMBLED EGGS AND AVOCADO ON TOAST</p> <p>BANANA OATMEAL LOAF AND FRUIT</p>	<p>VEGETARIAN LASAGNA</p> <p>EGGS AND RIISIPIRAKKA</p>	<p>FISH SOUP</p> <p>PANCAKES AND FRUIT</p>	<p>GARLIC PRAWNS &amp; RICE</p> <p>RAISIN LOAF AND FRUIT</p>
FRI	<p>SALMON, SPINACH &amp; TOMATO PASTA</p> <p>FRENCH TOAST AND FRUIT</p>	<p>CHICKEN AND BROCCOLI COUS COUS</p> <p>BREAD AND FRUIT</p>	<p>CHICKEN AND PINEAPPLE SAUCE WITH POTATOES</p> <p>BREAD AND FRUIT</p>	<p>MINESTRONE AND BREAD</p> <p>APPLE MUFFINS AND FRUIT</p>

PLEASE NOTE THAT ALL LUNCHEs ARE SERVED WITH HALF A PLATE OF PLAIN VEGETABLES SUCH AS TOMATOES, CUCUMBERS, PAPRIKA, CORN, PEAS, BROCCOLI, SPINACH.