

Weekly Menu Plan – Week 8

Day	Lunch	Evening Meal	Extra Shopping
Monday	Bought	Red Pepper and Courgette Frittata with salad	Tomatoes
Tuesday	Salad with cheese	Macaroni Cheese with Fusilli Pasta, tomato and breadcrumb topping, green beans	
Wednesday	Bought	Curry and Rice	Watercress Courgettes
Thursday	Egg Mayonnaise	Bought Ravioli and sauce	
Friday		Curry with Tacos shells	
Saturday	Soup	Griddled Halloumi, Courgette and Sweet Potato on a bed of Brown Lentils	
Sunday	Soup	Baked Potatoes and Ratatouille	
Notes			