

MEAL planner

MONDAY

- ROAST CHICKEN, CREAMED BROCOLLI, BUTTERNUT, ROAST POTATO

TUESDAY

- SPAGHETTI BOLOGNAISE / FRIKKEDELLE

WEDNESDAY

- SLOW-COOKED SHORT RIB WITH POTATO, PUMPKIN

THURSDAY

- CHICKEN SNITZEL & WOOLIES VEGGIES / MASH

FRIDAY

- CHICKEN FILLET BURGERS/WRAPS

SATURDAY

- BRAAI (CHICKEN, LAMB, STEAK) WITH BEETROOT, BRAAI BROODJIES &

SUNDAY

- SLOW-COOKED OXTAIL WITH JUES & MASH

Grocery list:

Cream
school snacks
bread
milk
yogurt
pasta
fruit



MONDAY

MEAL PLANNING

Cooked Food

