

# MAKE

## WEEK ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meal 1

Italian Meatballs,  
Tomato & Basil  
Sauce & Whole  
wheat Pasta

Ham and cheese  
Panini

Sweet Chilli chicken  
and rice

Roast turkey and  
stuffing sandwich

Jumbo Fishfingers

Vegetarian

Smokey BBQ Bean  
Enchiladas

Jacket Potatoes with  
choice of filling

Vegetarian Pizza

Vegetable Curry and  
Rice

Chips