

MAKE

WEEK TWO

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meal 1

Burger in a Bun

Beef Bolognese and
Pasta

Ham and Cheese
Panini

Chicken Goujons and
Potato Wedges

Fishcake and Chips

Vegetarian

Jacket Potato and
Choice of Filling

Cheese and Onion
Pasty

Quorn Chilli and Rice

Cheese and Tomato
Pizza

Chips