



Menu A: 1 week supper menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Unbelievable chicken	Spaghetti bolognese	Cottage Pie	Curried chicken	Macaroni & Cheese	Beef stew with green beans	Chicken pie

Every meal should include half a plate vegetables and or salad. Easy to prepare vegetables include:

- Woolworth's steam-it vegetables
- McCain's steam it vegetables
- Frozen vegetables
- Canned vegetables
- Woolworth's prepared salad
- Woolworth's cherry tomatoes, baby beetroot etc.

