



...because you are what you eat!

Registered Dietitians PR: 8411824



Menu B: 1 week supper menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mild Curry Chicken Wrap	Beef Stew with Green Beans	Macaroni & Cheese	Thai Green Curry Chicken Wrap	Chicken ala King	Spaghetti bolognaise	Cottage 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.

