

# JUST A LITTLE meal plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHILDREN	<p>Fishcakes and Peas</p> <p>Chocolate Pots</p>	<p>Tomato Sauce with Fresh Pasta</p> <p>Homemade Fruit Flan (will share method on IG stories!)</p>	<p>Roast Chicken, Potatoes, Gravy, Broccoli &amp; Yorkshires</p> <p>Peaches</p>	<p>Quick Sausage Bolognese</p> <p>Angel Delight</p>	<p>Pizza Night</p> <p>Ice Cream</p>	<p>Pesto Pasta with Green Beans</p> <p>Chicken Wraps (kids) &amp; Vegan Burritos (adults)</p>	<p>Soup &amp; Bread Rolls</p> <p>Luxury Fish Pie with Peas</p>
ADULTS	<p>Honey-Harissa Feta Stuffed Peppers</p>	<p>Tagliatelle with Courgettes, Mint and Ricotta</p>	<p>Harissa, Chick Pea &amp; Tomato Stew with Mashed Potato</p>	<p>Salmon with a Baked Honey-Mustard Crust, New Potatoes and Greens</p>	<p>Quick Paneer &amp; Cabbage Curry with Cariander Naan</p>	<p>Movie Night - Popcorn &amp; Sweet Treats!</p>	<p>Apple Pie &amp; Custard</p>