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# Menu Planner Ideas

<b><u>Breakfast</u></b>	<b><u>Lunch</u></b>	<b><u>Puddings</u></b>	<b><u>Mince</u></b>	<b><u>Chicken</u></b>
Mealie pap	Snackwiches	Apple Crumble	Savoury mince&rice	Roast Chicken
Oats	Grill cheese bread	Custard pudding	Curry mince & rice	Chicken & Pasta
Cereals	French toast	Fruit salad	Spaghetti Bolognese	Chicken & rice
Toast	Salad & bread	Ice-cream & sauce	Shepherd's Pie	Chicken breast
Muffins	Tuna salad	Fruit sorbet	Lasagne	Curried chicken
Crumpets	BLTs	Mango & yoghurt	Meat balls & rice	Chicken Pie
Bacon & eggs	Hot dogs	Fruit salad	Macaroni Mince	Chicken Soup
Bake French Toast	Hamburgers	Bake Tropical Fruit	Meat Loaf	
Fruit & Yoghurt	Savoury pancakes		Meat Pie	
	Quiche & salad	<b><u>Baked Treats</u></b>		<b><u>Lamb</u></b>
	Omelette	Cakes		Roast lamb
	Scrambled eggs	Terribles	<b><u>Beef</u></b>	Lamb stew
	Mice undr blankets	Spice Cake	Beef Stew	Tomato Breedie
	Soup & scones	Date Loaf	Roast beef	Curry lamb
	Cold meat & salad	Biscuits	Curry Beef	Grilled chops

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday
Sunday		