

# Meal Magic

## Week 1

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Monday	Cottage Pie
Tuesday	Mac & Cheese
Wednesday	Rogan Josh
Thursday	Spaghetti Bolognese
Friday	Tomato Risotto
Saturday	Seek Alternative
Sunday	Seek Alternative
Desserts	Apple Crumble, Banana Bread, Strawberry Jelly
Snacks	Fruit, Cheese & Crackers, Mini Sausage Rolls

## Week 2

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Monday	Green Thai Curry
Tuesday	Butternut Squash & Spinach Gnocchi
Wednesday	Paprika Chicken
Thursday	Onion Gravy with Sausages & Mash
Friday	Spaghetti & Meatballs
Saturday	Seek Alternative
Sunday	Seek Alternative
Desserts	Chocolate Orange Brownies, Lemon Drizzle Cake, Strawberry Jelly
Snacks	Fruit, Roasted Nuts, Vegetable Samosas