

WEEKLY MEAL PLAN

**WEEK 01
JANUARY
2019**

MONDAY

- B** Cereal, toast, jam, tea, coffee, orange juice
- L** Fruit, Sandwich, Salad, Croissant, Coffee, Water
- D** Rice, Stirfry, Chicken, Sauce, Water

TUESDAY

- B** Cereal, toast, jam, tea, coffee, orange juice
- L** Fruit, Sandwich, Salad, Croissant, Coffee, Water
- D** Rice, Stirfry, Chicken, Sauce, Water

WEDNESDAY

- B** Cereal, toast, jam, tea, coffee, orange juice
- L** Fruit, Sandwich, Salad, Croissant, Coffee, Water
- D** Rice, Stirfry, Chicken, Sauce, Water

THURSDAY

- B** Cereal, toast, jam, tea, coffee, orange juice
- L** Fruit, Sandwich, Salad, Croissant, Coffee, Water
- D** Rice, Stirfry, Chicken, Sauce, Water

FRIDAY

- B** Cereal, toast, jam, tea, coffee, orange juice
- L** Fruit, Sandwich, Salad, Croissant, Coffee, Water
- D** Rice, Stirfry, Chicken, Sauce, Water