

## Weekly Meal Summary - 05/01/2026 to 11/01/2026

Meal	Already Made	Total
Spaghetti Bolognese	6	483
Beef Chow Mein	20	272
Shepherd's Pie	46	294
Beef Burrito Bowl	0	353
Beef Meatballs	15	389
Lebanese Beef Stew	0	0
Mongolian Beef	8	532
Chicken with Vegetables	17	141
Chicken with Sweet Potato and Beans	25	275
Naked Chicken Parma	18	659
Chicken Pesto Pasta	0	456
Chicken and Broccoli Pasta	15	298
Butter Chicken	30	431
Thai Green Chicken Curry	0	376
Moroccan Chicken	23	214
Steak with Mushroom Sauce	0	416
Creamy Chicken & Mushroom Gnocchi	0	330
Roasted Lemon Chicken & Potatoes	23	331
Beef Lasagna	0	719
Bean Nachos with Rice	0	0
Lamb Souvlaki	0	471
Chicken Fajita Bowl	0	320
Steak On Its Own	0	0
Chicken On Its Own	0	0
Family Mac and 3 Cheese Pasta Bake	0	7
Baked Family Lasagna	0	28
ON Amino Energy Can	0	17
Lunch & Dinner Weekdays Only - 10 Meals	0	1
<b>TOTAL</b>	<b>246</b>	<b>7813</b>