

Weekly Meal Summary - 22/09/2025 to 26/09/2025

Meal	Already Made	Total
Spaghetti Bolognese	15	313
Beef Chow Mein	0	182
Shepherd's Pie	19	95
Beef Burrito Bowl	0	293
Beef Meatballs	0	243
Lebanese Beef Stew	0	111
Mongolian Beef	21	282
Chicken with Vegetables	0	144
Chicken with Sweet Potato and Beans	0	143
Naked Chicken Parma	10	429
Chicken Pesto Pasta	0	298
Chicken and Broccoli Pasta	0	134
Butter Chicken	0	266
Thai Green Chicken Curry	0	245
Moroccan Chicken	0	92
Steak with Mushroom Sauce	34	240
Creamy Chicken & Mushroom Gnocchi	0	198
Roasted Lemon Chicken & Potatoes	0	201
Beef Lasagna	0	545
Bean Nachos with Rice	0	16
Lamb Souvlaki	0	266
Chicken Fajita Bowl	0	217
Steak On Its Own	0	1
Chicken On Its Own	0	0
Family Mac and 3 Cheese Pasta Bake	0	4
Baked Family Lasagna	0	12
TOTAL	99	4970