

Weekly Meal Summary - 27/10/2025 to 02/11/2025

Meal	Already Made	Total
Spaghetti Bolognese	6	587
Beef Chow Mein	6	316
Shepherd's Pie	20	315
Beef Burrito Bowl	0	510
Beef Meatballs	11	418
Lebanese Beef Stew	0	9
Mongolian Beef	0	659
Chicken with Vegetables	0	240
Chicken with Sweet Potato and Beans	0	290
Naked Chicken Parma	9	757
Chicken Pesto Pasta	0	649
Chicken and Broccoli Pasta	0	341
Butter Chicken	0	572
Thai Green Chicken Curry	0	408
Moroccan Chicken	9	211
Steak with Mushroom Sauce	0	581
Creamy Chicken & Mushroom Gnocchi	0	455
Roasted Lemon Chicken & Potatoes	0	375
Beef Lasagna	0	986
Bean Nachos with Rice	7	57
Lamb Souvlaki	0	538
Chicken Fajita Bowl	0	331
Steak On Its Own	0	1
Chicken On Its Own	0	0
Family Mac and 3 Cheese Pasta Bake	0	18
Baked Family Lasagna	0	33
ON Amino Energy Can	0	17
Lunch & Dinner Weekdays Only - 10 Meals	0	1
TOTAL	68	9675