

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

Meal	Already Made	Total
Spaghetti Bolognese	31	547
Beef Chow Mein	33	302
Shepherd's Pie	22	227
Beef Burrito Bowl	0	450
Beef Meatballs	8	389
Lebanese Beef Stew	13	165
Mongolian Beef	21	548
Chicken with Vegetables	0	219
Chicken with Sweet Potato and Beans	0	227
Naked Chicken Parma	10	711
Chicken Pesto Pasta	0	495
Chicken and Broccoli Pasta	0	271
Butter Chicken	0	470
Thai Green Chicken Curry	0	416
Moroccan Chicken	4	143
Steak with Mushroom Sauce	37	440
Creamy Chicken & Mushroom Gnocchi	0	385
Roasted Lemon Chicken & Potatoes	4	363
Beef Lasagna	0	919
Bean Nachos with Rice	0	29
Lamb Souvlaki	0	496
Chicken Fajita Bowl	0	354
Steak On Its Own	0	1
Chicken On Its Own	0	0
Family Mac and 3 Cheese Pasta Bake	0	16
Baked Family Lasagna	0	38
<b>TOTAL</b>	<b>183</b>	<b>8621</b>