

## Weekly Meal Summary - 10/11/2025 to 16/11/2025

Meal	Already Made	Total
Spaghetti Bolognese	0	232
Beef Chow Mein	5	164
Shepherd's Pie	0	155
Beef Burrito Bowl	0	194
Beef Meatballs	12	198
Lebanese Beef Stew	0	2
Mongolian Beef	0	316
Chicken with Vegetables	0	93
Chicken with Sweet Potato and Beans	0	133
Naked Chicken Parma	0	323
Chicken Pesto Pasta	0	285
Chicken and Broccoli Pasta	0	151
Butter Chicken	0	253
Thai Green Chicken Curry	0	194
Moroccan Chicken	9	107
Steak with Mushroom Sauce	0	293
Creamy Chicken & Mushroom Gnocchi	0	206
Roasted Lemon Chicken & Potatoes	0	201
Beef Lasagna	0	433
Bean Nachos with Rice	0	29
Lamb Souvlaki	0	277
Chicken Fajita Bowl	17	173
Steak On Its Own	0	0
Chicken On Its Own	0	0
Family Mac and 3 Cheese Pasta Bake	0	10
Baked Family Lasagna	0	23
ON Amino Energy Can	0	15
<b>TOTAL</b>	<b>43</b>	<b>4460</b>