

Weekly Meal Summary - 20/10/2025 to 26/10/2025

Meal	Already Made	Total
Spaghetti Bolognese	0	615
Beef Chow Mein	37	305
Shepherd's Pie	19	387
Beef Burrito Bowl	0	518
Beef Meatballs	0	463
Lebanese Beef Stew	0	18
Mongolian Beef	0	721
Chicken with Vegetables	0	206
Chicken with Sweet Potato and Beans	0	338
Naked Chicken Parma	0	896
Chicken Pesto Pasta	0	680
Chicken and Broccoli Pasta	0	394
Butter Chicken	0	631
Thai Green Chicken Curry	0	530
Moroccan Chicken	6	255
Steak with Mushroom Sauce	19	551
Creamy Chicken & Mushroom Gnocchi	10	590
Roasted Lemon Chicken & Potatoes	0	485
Beef Lasagna	0	1060
Bean Nachos with Rice	0	60
Lamb Souvlaki	0	630
Chicken Fajita Bowl	0	489
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	53
ON Amino Energy Can	0	9
TOTAL	91	10894