

Weekly Meal Summary - 13/10/2025 to 19/10/2025

Meal	Already Made	Total
Spaghetti Bolognese	0	676
Beef Chow Mein	0	374
Shepherd's Pie	9	318
Beef Burrito Bowl	0	520
Beef Meatballs	14	496
Lebanese Beef Stew	11	117
Mongolian Beef	0	622
Chicken with Vegetables	0	215
Chicken with Sweet Potato and Beans	0	343
Naked Chicken Parma	0	903
Chicken Pesto Pasta	0	660
Chicken and Broccoli Pasta	0	428
Butter Chicken	0	594
Thai Green Chicken Curry	0	474
Moroccan Chicken	7	229
Steak with Mushroom Sauce	19	578
Creamy Chicken & Mushroom Gnocchi	0	555
Roasted Lemon Chicken & Potatoes	12	401
Beef Lasagna	0	1110
Bean Nachos with Rice	0	62
Lamb Souvlaki	0	569
Chicken Fajita Bowl	0	419
Steak On Its Own	0	5
Chicken On Its Own	0	5
Family Mac and 3 Cheese Pasta Bake	0	12
Baked Family Lasagna	0	41
TOTAL	72	10726