

## Weekly Meal Summary - 15/09/2025 to 21/09/2025

Meal	Already Made	Total
Spaghetti Bolognese	8	503
Beef Chow Mein	6	249
Shepherd's Pie	42	223
Beef Burrito Bowl	0	379
Beef Meatballs	10	306
Lebanese Beef Stew	18	150
Mongolian Beef	0	494
Chicken with Vegetables	0	230
Chicken with Sweet Potato and Beans	0	265
Naked Chicken Parma	0	695
Chicken Pesto Pasta	0	506
Chicken and Broccoli Pasta	3	314
Butter Chicken	0	447
Thai Green Chicken Curry	0	381
Moroccan Chicken	4	169
Steak with Mushroom Sauce	19	482
Creamy Chicken & Mushroom Gnocchi	9	393
Roasted Lemon Chicken & Potatoes	0	357
Beef Lasagna	0	788
Bean Nachos with Rice	0	27
Lamb Souvlaki	10	479
Chicken Fajita Bowl	0	365
Steak On Its Own	0	0
Chicken On Its Own	0	0
Family Mac and 3 Cheese Pasta Bake	0	15
Baked Family Lasagna	0	40
<b>TOTAL</b>	<b>129</b>	<b>8257</b>