

# WEEKLY MEAL PLANNER



## BREAKFAST

## LUNCH

## DINNER

### MONDAY

French Toast  
Orange slices

Enchiladas

Chicken Stir Fry

### TUESDAY

Spam and Eggs  
Fried Rice

Tomato Quiche

Grilled Chicken &  
Spinach Salad

### WEDNESDAY

Cheese Omelette  
w/ fruits

Cheese Wraps

Spaghetti

### THURSDAY

Pork and beans  
w/ White Rice

Tuna Sandwich

Beef Steak

### FRIDAY

Cinnamon Rolls

Chicken Pasta

Chicken pot pie

### SATURDAY

Yoghurt  
Whole wheat cereal

Chicken Curry

Beef Noodles

### SUNDAY

Pancakes

Beef Tacos

Fried Chicken