Self-Catering Holiday Meal Plan for a Family of 3/4					
	Breakfast	Lunch		Snack	Shopping List
Monday	BLW: Porridge Bites with blueberries	FT: Pizza Pinwheels with salad	SC: Mince and Bean Chilli in Jacket Potatoes	BLW: Carrot Muffins	Salad items: tomatoes, cucumber, lettuce etc
Tuesday	BLW: Maple French Toast with fruit	BLW: Cheese and Apple Quesadillas with shreddded chicken	SC: Chicken Korma with Chunky Veg served with rice and slice banana	Breadsticks and houmous	Jacket Potatoes - enough for a dinner and halves for a lunch
Wednesday	BLW: Porridge Bites with strawberries	FT: Pizza Pinwheels with salad	BLW: Spanish Sausage Casserole served with rice	BLW: Carrot Muffins	Breadsticks
Thursday	BLW: Blueberry Drop Scones with yoghurt	FT: Homemade Baked Beans over half a jacket potato	BLW: Roasted Vegetable Lasagna served with salad	Breadsticks and houmous	Houmous dip (or homemade)
Friday	BLW: Porridge Bites with mango	FT: Veggie Christmas Plait with salad	BLW: Enchiladas served with salad	FT: Spiced Apple Flapjacks	Microwave rice (or boil in a bag) - for two meals
Saturday	BLW: Maple French Toast with fruit	BLW: Cheese and Apple Quesadillas with shreddded chicken	BLW: Mighty Meatballs with spaghetti	BLW: Carrot Muffins	Yoghurt
Sunday	Shorny's Breakfast Burritos	BLW: Veggie Christmas Plait with salad	FT: Coconut Chicken Bites with Homemade Baked Beans	FT: Spiced Apple Flapjacks	Fruit
					Packet of spaghetti (or other pasta of choice)
					To pack from freezer reminder
					3 bags of Porridge Bites: blueberry, strawberry a mango toppings
					2 bags of Maple French Toast
					1 bag of Shorny's Breakfast Burritos
					2 bags of Pizza Pinwheels
					2 bags of Cheese and Apple Quesadillas
					2 bags of Homemade Baked Beans
					2 bags of Veggie Christmas Plait slices
					1 bag of Mince and Bean Chilli
					1 bag of Chicken Korma with Chunky Veg
					1 bag of Spanish Sausage Casserole
					1 tray of Roasted Vegetable Lasagna
					1 tray of Enchiladas
					1 bag of Mighty Meatballs
					1 bag of Coconut Chilcken Bites
					3 bags of Carrot Muffns
					2 bags of Spiced Apple Flapjacks