

Meal Date	Meal Name	Servings	Notes
07-11-2009 Sat	Chicken Schnitzel and Salad	4	
08-11-2009 Sun	Sausages and Salad	4	
09-11-2009 Mon	Baked Penne With Bacon	4	
10-11-2009 Tue	Shepherd's Pie	4	
11-11-2009 Wed	Left Overs	4	
12-11-2009 Thu	Beef Stir Fry	4	
13-11-2009 Fri	Warm Tuna Panini	4	