

Meal Date	Meal Name	Servings	Notes
28-11-2009 Sat	Tacos	4	
29-11-2009 Sun	Roast Chicken and Vegetables	4	
30-11-2009 Mon	Fried Rice	4	
01-12-2009 Tue	Pasta Bake	4	
02-12-2009 Wed	Left Overs	4	
03-12-2009 Thu	Marinated Steak and Garlic Mashed P	4	
04-12-2009 Fri	Chicken Wings with Baked Potatoes and Corn	4	