

## Planning With Kids Monthly Menu Planning Template

DATE	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Kids Activities:</b>	-	Aerobics & Soccer training	Swimming	Football training	Aerobics	Soccer x 2 Football	Football
<b>Meal type:</b>	<b>Roast</b>	<b>Make in the morning</b>	<b>Slow cooker</b>	<b>Stir fry</b>	<b>Homemade fast food</b>	<b>Wrap meal</b>	<b>Meat &amp; Veg</b>
10 <sup>th</sup> Aug	Roast beef	Chicken lasagna	SC honey sesame chicken	Beef stir fry	Hot dogs	Sweet chilli chicken	Sausages and veg
17 <sup>th</sup> Aug	Roast chicken	Shepherd's pie + greens	SC chicken noodle soup	Chicken stir fry	Fish and chips	Tacos	Schnitzel and veg
24 <sup>th</sup> Aug	Roast lamb	Mexibake	SC butter chicken and cauliflower rice	Moroccan minted beef	Hamburgers	Sweet chilli chicken	Chicken wings and veg
31 Aug	Roast pork	Shepherd's pie + greens	SC Satay + greens	Chicken stir fry	Pizza	Tacos	Sausages and veg

### MEAL TYPE IDEAS:

- Breakfast for dinner
- Meals that dad and kids can cook
- Soups
- Bulk meal –left over's for other meals or lunches
- Meat and Veg
- Stir fry
- Homemade fast food - e.g. pizza, fish and chips, hamburgers
- Quick meals (15 minutes prep or less)
- Vegetarian
- Roasts
- Slow cooker meal
- Wrap style meal

**Notes:** Weekend meals made in quantities to provide meat that can be used with lunches for both kids and adults. E.g. chicken schnitzel strips/sandwiches for the kids. Taco meat can be served with avocado and sweet potato hash for a lunch during the week.