

Meal Date	Meal Name	Servings	Notes
21-11-2009 Sat	Souvlaki	4	
22-11-2009 Sun	Lamb Chops and Steamed Vegetable	4	
23-11-2009 Mon	Mexibake	4	
24-11-2009 Tue	Tomato and Basil Gnocchi	4	
25-11-2009 Wed	Left Overs	4	
26-11-2009 Thu	Spicy Chutney Chicken With Mixed R	4	
27-11-2009 Fri	Home Made Pizzas	4	