

Meal Date	Meal Name	Servings	Notes
19-09-2011 Mon	Meatballs With Rice	4	
20-09-2011 Tue	Chicken Lasagne	4	
21-09-2011 Wed	Choc Chip Muesli Slice	4	Baking
22-09-2011 Thu	Fried Rice	4	
23-09-2011 Fri	Baked Penne With Bacon	4	
24-09-2011 Sat	Whole Roasted Chicken with lemon a	4	
25-09-2011 Sun	Beef and Vegetable Pasties	4	