



Setting the foundations

- getting organised at home

About Planning with Kids

Planning With Kids is about using simple plans for the known elements of daily life, so you can create an organised base for your family. It is this solid foundation that then allows you to better cope with the unpredictability family life throws your way and lets you spend less time on the daily grind and more time on the fun parts!

Getting started

Often taking the first step is the hardest, because you are unsure of which direction to head. This guide will take you through 3 plans you can create to help set up an organised foundation for your family.



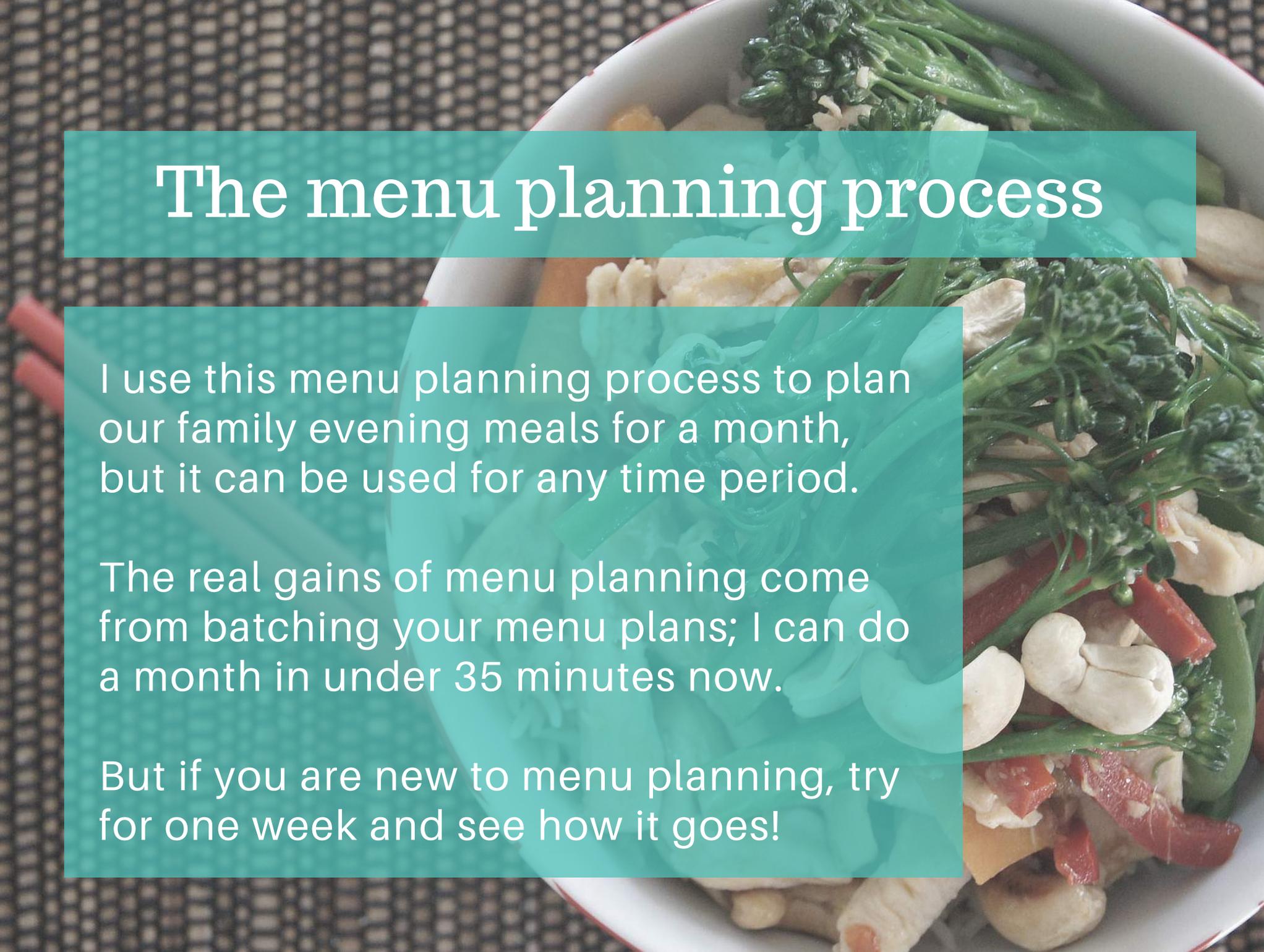
Menu plan



Mum's work plan



Family work plan

A top-down view of a white bowl filled with a healthy meal. The meal includes several florets of bright green broccoli, pieces of white chicken breast, sliced red bell peppers, and green peas. The bowl is set on a dark, textured surface, possibly a placemat or tablecloth.

The menu planning process

I use this menu planning process to plan our family evening meals for a month, but it can be used for any time period.

The real gains of menu planning come from batching your menu plans; I can do a month in under 35 minutes now.

But if you are new to menu planning, try for one week and see how it goes!



How to create a menu plan

1

Gain the family's input. We allow 4 meal selections per child and parents fill the gaps.

2

Create a matrix of activity and meal requirements for each day of the week. This helps you determine the type of meal to cook, e.g. after school activities might mean a slow cooker meal.

3

Allocate the meal suggestions from the family across the month, according to the matrix.

How to create a menu plan

4

Tweak the menu plan so it caters for the kids' preferences and the overall needs of the family.

5

Either use the PWK Menu Planner App to collate menu plans and shopping lists or write them up yourself.

use the templates over the following pages to help you with the meal planning process.

Planning With Kids Monthly Menu Planning Template

Family meal selection:

Mum	Dad	Child 1	Child 2	Child 3	Child 4	Child 5

These are guidelines for choosing meals:

- Each family member can choose up to four meals for the month.
- Each meal can only be on the plan twice in a month.
- They can only choose one homemade fast food style meal per month each.

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1 Use this template to gather the family's input.

Planning With Kids Monthly Menu Planning Template

DATE	MON	TUE	WED	THU	FRI	SAT	SUN
Activities:							
Meal type:							

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 can be 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 for mum.

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Use this template to allocate the meals.



Weekly Menu Plan and Shopping List Week Starting _____

Fruit:

Pantry:

Other items:

Vegetables:

Dairy:

Meat and poultry:

These ingredients are to make:

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____



If not using the PWK Menu Planner App use this template to create your shopping list/s.

Planning With Kids Monthly Menu Planning Template

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

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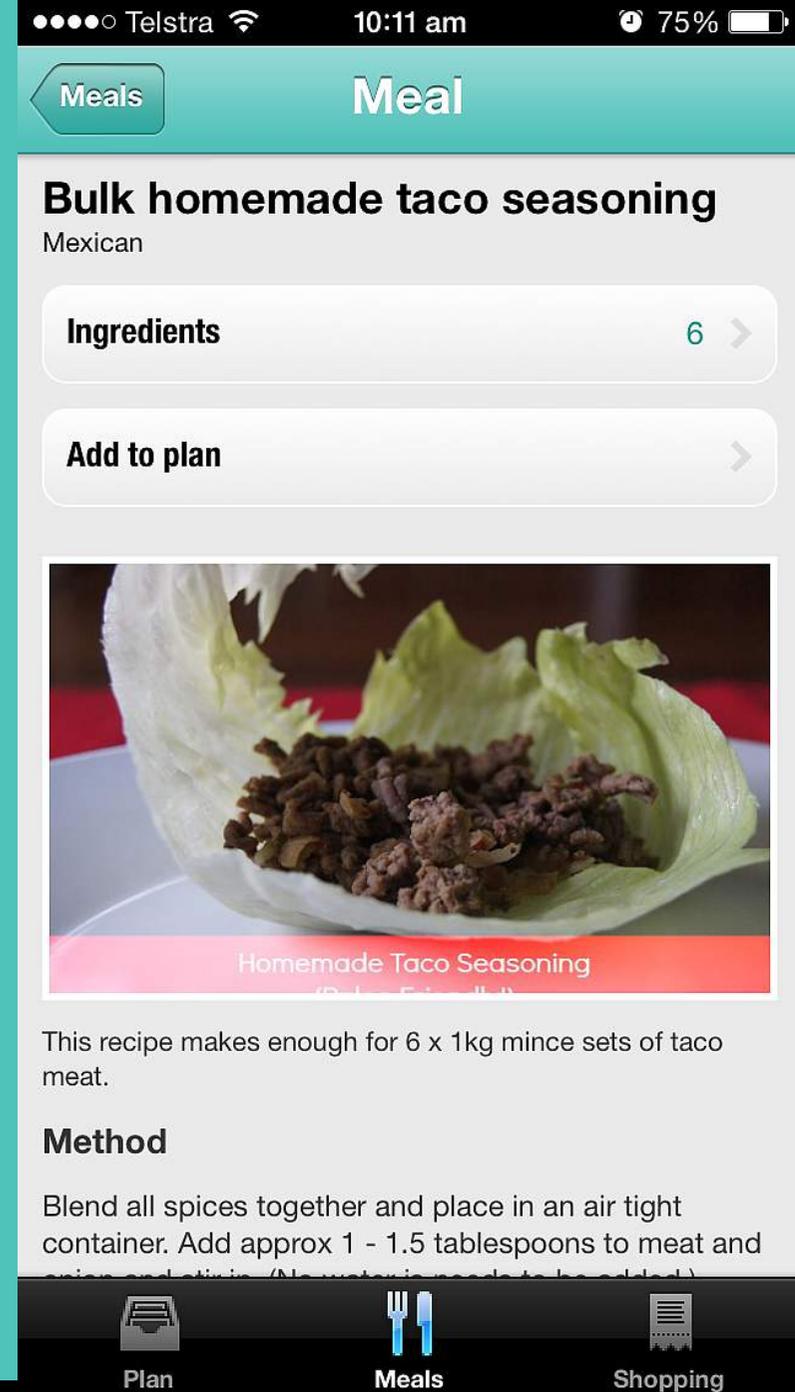
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This is an example of one of our monthly menu plans for winter.

PWK Meal List

The PWK menu planner app now has over 300 recipes. I have included a list of the recipes at the end of this guide.

Even if you don't use the app it is a handy reference to help the kids choose meals for the menu plan.



The importance of a weekly schedule

Before you can create a weekly schedule, you need to know where you are spending your time.

If you have never written down what your week looks like, I really encourage you to give it a go.

You will be surprised to see where your time goes!

The importance of a weekly schedule

Writing down your weekly schedule will:

- Highlight where you are spending your time and you can assess if it is on the activities you want it to be.
- Help you work out where you “lose” time – it will highlight your distractions whether it be Pinterest (me!), TV or Facebook.
- Show you just how much you fit into your days!

A photograph of a person's feet in blue jeans and white socks, sitting on a bed. A white laptop is open on the bed next to them. The background is a light-colored, textured surface, possibly a rug or blanket.

How to create a weekly schedule

1

Make sure it supports your goal/s. If you have something you want to achieve you have to give it the time it needs.

2

Understand your current time use and be honest with yourself. You only have to make the changes you want, but you need to know where to start.

3

Be realistic about how many hours a week you have. Don't set yourself up for failure by cramming too much into your day.



How to create a weekly schedule

4

Consider days off. Rest and play are just as important as work and exercise to stay healthy and energised.

5

Know your productive times and schedule your most important work then. I schedule my key work in the morning and lighter work in the afternoon.

6

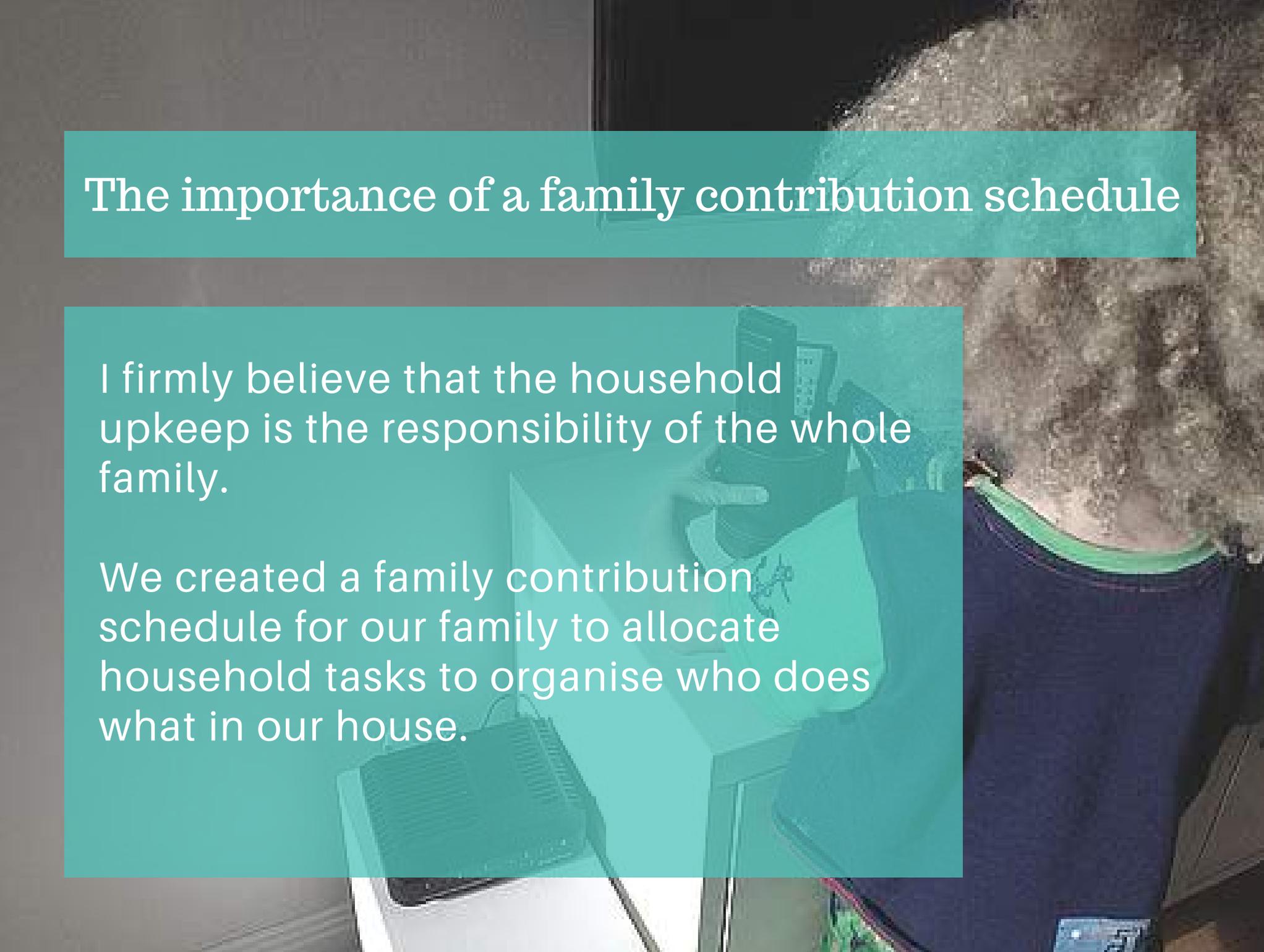
Look for existing boundaries for those activities where you can "lose" time. For me I go on social media in the time before school pick up - I have to get off to pick up the kids!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
05:00	Exercise	Exercise	Exercise	Exercise	Exercise
05:30	Exercise	Exercise	Exercise	Exercise	Exercise
06:00	Exercise	Exercise	Exercise	Exercise	Exercise
06:30	Exercise	Exercise	Exercise	Exercise	Exercise
07:00	School morning routine				
07:30	School morning routine				
08:00	School morning routine				
08:30	School morning routine				
09:00	School morning routine				
09:30	Shopping	General house work	General house work	Shopping	General house work
10:00	Shopping	Work	General house work	Shopping	General house work
10:30	Shopping	Work	Work	General house work	Work
11:00	Shopping	Work	Work	Work	Work
11:30	Work	Work	Work	Work	Work
12:00	Work	Work	Work	Work	Work
12:30	Work	Work	Work	Work	Work
13:00	Lunch	Lunch	Lunch	Lunch	Lunch
13:30	Work	Work	Work	Work	Work
14:00	Work	Work	Work	Work	Work
14:30	Work	Work	Work	Work	Work
15:00	School pick up				
15:30	After school routine				
16:00	After school routine	After school routine	Work	After school routine	After school routine
16:30	After school routine				
17:00	Dinner	Dinner	Dinner	Dinner	Friday night sport
17:30	Dinner	Dinner	Dinner	Dinner	Friday night sport
18:00	Dinner	Dinner	Dinner	Dinner	Dinner
18:30	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	Bath	Bath	Bath	Bath	Dinner
19:30	Stories and bed	Stories and bed	Stories and bed	Stories and bed	Bath

This is an example of one of my weekly schedules. I update it 3 - 4 times a year to fit the flow of family life.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00							
06:00							
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							

Use this as a template to create your own weekly schedule.

A woman with curly hair is shown from the chest up, looking down at a smartphone in her hands. She is wearing a dark blue t-shirt. The background is a kitchen with a white countertop and a sink. There is a white printer on the counter to the left. The image has a teal overlay with white text.

The importance of a family contribution schedule

I firmly believe that the household upkeep is the responsibility of the whole family.

We created a family contribution schedule for our family to allocate household tasks to organise who does what in our house.

The importance of a family contribution schedule

It was important it took into account:

- The kids physical and cognitive abilities
- The times the kids are at home
- That the workload increases as the kids get older
- The tasks the kids do help them learn life and independence skills
- Tasks need to be ones that make a substantial difference to the upkeep of the household



How to create a family contribution schedule

1

List all the household tasks that can be completed by the kids. List as many useful tasks as you can to allow for choice.

2

Allocate a value to each task, eg 1, 2, 3, 4, 5. You can assign values based on time to complete task for example.

3

Allocate tasks to each child so they can be completed independently. Allow the kids to have input in the tasks they do.

How to create a family contribution schedule

4

Each child is allocated tasks to a value equal to their age, for example the 6 year old completes tasks that add up to 6 points for the week, the 16 year old completes tasks that add up to 16 points for the week.

Use our example to help you create your own family contribution schedule

Planning With Kids Family Contribution Example

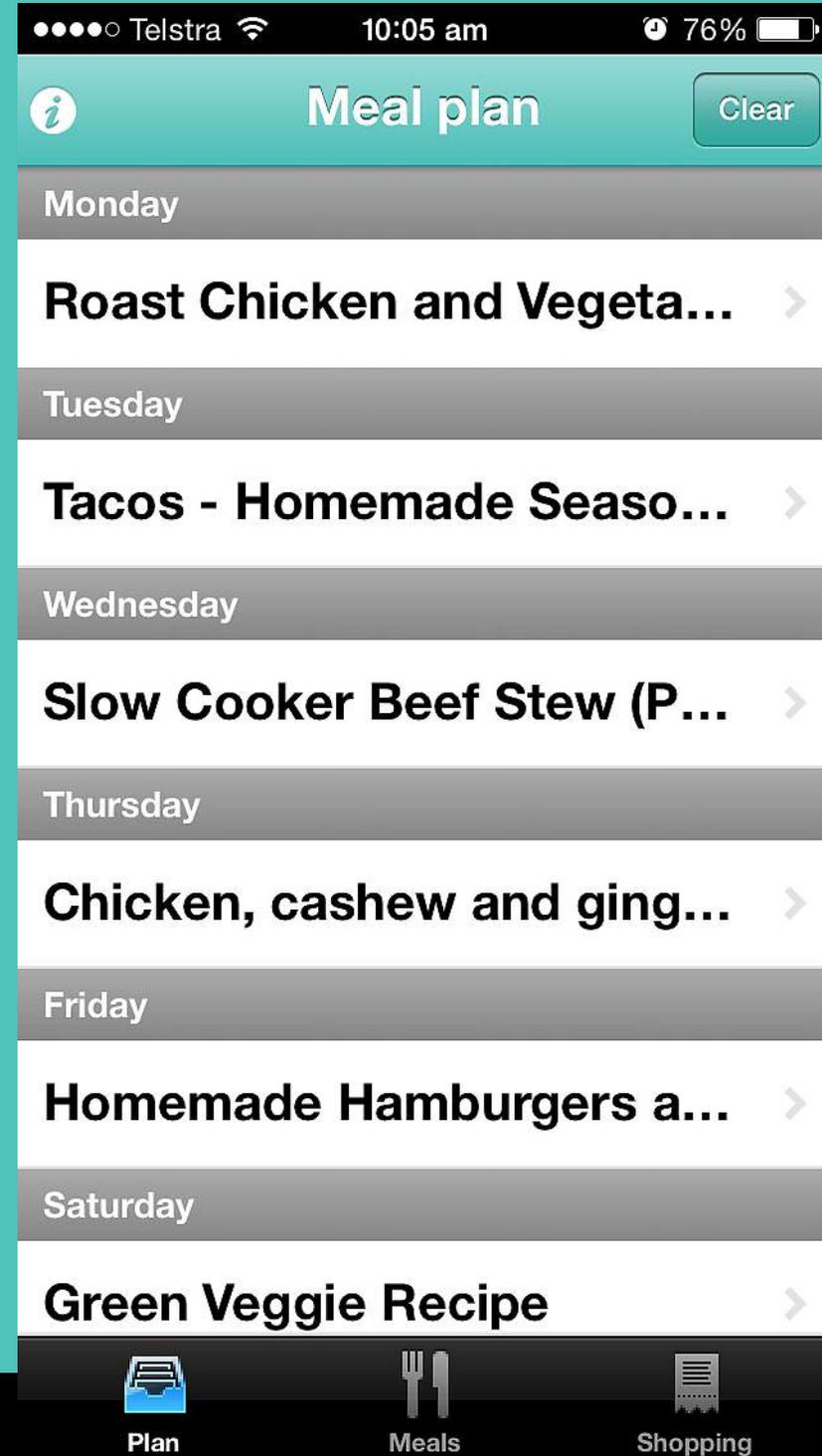
Daily / Weekly Tasks	Value	Who	Total
Afternoon - 15 minutes outside with the dog	1	master 13	
Bring bins in on Friday morning	1	master 13	
Clean windows in lounge room inside and out (once a week)	3	master 13	
Clear dinner table - placemats, misc items and wipe down	2	master 13	
Empty compost bin (as needed)	2	master 13	
Fold washing (once a week)	2	master 13	
Morning - feed dog (7 days)	2	master 13	13
Afternoon - 15 minutes outside with the dog	1	miss 10	
Bake a snack for school lunch boxes	3	miss 10	
Help with the supermarket shopping including unpacking	2	miss 10	
Wipe down main shower (once a week)	2	miss 10	
Evening - feed dog (7 days)	2	miss 10	10
Afternoon - 15 minutes outside with the dog	1	master 5	
Dust lounge room (once a week)	2	master 5	
Set dinner table - cutlery	1	master 5	
Set dinner table - placemats	1	master 5	5
Empty recycling bin (as needed)	2	master 15	
Afternoon - 15 minutes outside with the dog	1	master 15	
Clean 3rd toilet	2	master 15	
Prepare a family meal (once a week)	3	master 15	
Put bins out on Thursday night	2	master 15	
Vacuum the 3 main rooms in the house (once a week)	3	master 15	
Tidy book shelves	2	master 15	15

This is an example of part of a family contribution schedule we have used.

PWK Meal List

The PWK menu planner app is available in the App store only.

There are currently over 300 recipes in the app and it is updated regularly with new recipes.



Planning With Kids Menu Planner App Meal List

Name	Category	Name	Category
Beef Stir Fry	Asian	Almond Butter Recipe	Condiments
Beef Stir Fry - Super Quick With Crispy Noodles	Asian	Almond and Chilli Dukkah	Condiments
Chicken Korma	Asian	Beetroot and mint dip	Condiments
Chicken Rice Paper Rolls	Asian	Chocolate walnut butter	Condiments
Chicken Stir Fry With Seasonal Vegetables	Asian	Coconut Oil Mayonnaise	Condiments
Chicken, cashew and ginger stir fry	Asian	Dairy free pesto dip	Condiments
Fried Rice	Asian	Macadamia butter	Condiments
Homemade chicken spring rolls	Asian	Sweet Chilli Sauce	Condiments
Noodle boxes	Asian	Sweet chilli jam	Condiments
Rice Paper Rolls - Kid Friendly	Asian	Brownies	Desserts
Sang Choy Bow	Asian	Butterscotch Self Saucing Pudding	Desserts
Slow Cooker Rogan Josh	Asian	Chocolate Mousse	Desserts
Slow Cooker Satay	Asian	Chocolate Sauce	Desserts
Slow cooker pulled pork	Asian	Chocolate Self Saucing Pudding	Desserts
Sushi	Asian	Honeycomb Ice Cream Cake	Desserts
Tuna Rice	Asian	Ice Cream Pudding	Desserts
Vietnamese Beef and Noodles	Asian	Lemon Yoghurt Cake	Desserts
Shaped Sandwiches	Baby, Toddler	Mini Cheesecakes	Desserts
Chocolate rice puffs – homemade breakfast cereal recipe	Breakfast	Raspberry and Malteser Ice Cream Cake Recipe	Desserts
Kid Friendly Granola	Breakfast	Rich Moist Chocolate Cake	Desserts
Nut free granola	Breakfast	White Chocolate Cheesecake	Desserts
Steel cut oats porridge (slow cooker recipe)	Breakfast	Breakfast Smoothie	Drinks
Steel cut oats porridge (slow cooker recipe)	Breakfast	Butter Beer	Drinks
Sweet Potato Hash	Breakfast	Choc avocado smoothie	Drinks

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PWK menu planner app meal list

Planning With Kids Menu Planner App Meal List

Name	Category	Name	Category
Lemon Water	Drinks	Tuna Carbonara	Italian
Probiotic punch	Drinks	Zucchini Bolognese	Italian
Protein kale smoothie	Drinks	Macaroni and Cheese	Kid Friendly
Baked Penne With Bacon	Italian	Savoury Tarts	Light Meals
Calzone	Italian	Slow cooker shredded chicken	Light Meals
Chicken Lasagne	Italian	Sweet Potato Hash, Eggs & Smashed Avo	Light Meals
Chicken and Pumpkin Pasta Bake	Italian	Arancini (Oven-baked)	Lunch Box
Home Made Pizzas	Italian	Banana Bread (Gluten Free)	Lunch Box
Italian Meatballs	Italian	Banana and Oat Muffins	Lunch Box
Lasagne	Italian	Banana oat balls	Lunch Box
Mushroom and Spinach Oven Baked Risotto	Italian	Beef Meatballs	Lunch Box
Pasta Amatriciana	Italian	Cheese and Veggie Muffins	Lunch Box
Pasta Bake	Italian	Chicken Balls	Lunch Box
Pasta Carbonara	Italian	Chicken Nuggets	Lunch Box
Pasta Stir Through	Italian	Chicken and Rice Patties	Lunch Box
Pasta With Chicken And Spinach	Italian	Chicken spring rolls	Lunch Box
Pasta With Pesto	Italian	Choc banana muffins (gluten and nut free)	Lunch Box
Pumpkin And Fetta Risotto	Italian	Choc chip cookies (gluten free)	Lunch Box
Pumpkin, Bacon and Corn Oven Baked Risotto	Italian	Chocolate Zucchini Cake	Lunch Box
Roast Vegetable Lasagne	Italian	Chocolate and Beetroot Muffins	Lunch Box
Slow Cooker Spaghetti Bolognese	Italian	Easy baked vegetable samosas	Lunch Box
Slow cooker ratatouille	Italian	Egg Muffins (Gluten Free)	Lunch Box
Spaghetti Bolognese	Italian	English Muffin Pizzas	Lunch Box
Tomato and Basil Gnocchi	Italian	Frozen oranges	Lunch Box

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PWK menu planner app meal list

Planning With Kids Menu Planner App Meal List

Name	Category	Name	Category
Gluten Free Meatballs	Lunch Box	Sesame seed slice	Lunch Box
Ham and Cheese Scrolls	Lunch Box	Special K Biscuits	Lunch Box
Healthy Hot Dogs	Lunch Box	Sunflower Seed Cookies	Lunch Box
Healthy chocolate clusters	Lunch Box	Sweet Zucchini Slice	Lunch Box
Homemade pita chips	Lunch Box	Sweet potato and zucchini fritters	Lunch Box
Kale Chips	Lunch Box	Traffic Light Sandwiches	Lunch Box
Kangaroo Burgers	Lunch Box	Tuna Snack on the Go	Lunch Box
Kids' Nut Free Trail Mix	Lunch Box	Vanilla Yogurt Pikelet	Lunch Box
Lemon Zucchini Cake	Lunch Box	Vegemite / Chutney Scrolls	Lunch Box
Lemon and Chia Muffins	Lunch Box	Zucchini and Pasta Slice	Lunch Box
Lemon and Poppy Seed Biscuits	Lunch Box	Bulk homemade taco seasoning	Mexican
Lemon and Poppy Seed Muffins	Lunch Box	Mexibake	Mexican
Lemon and coconut muffins	Lunch Box	Quesadilla with Fresh Tomato Salsa	Mexican
Lunch Box Egg and Bacon Muffins	Lunch Box	Salsa	Mexican
Mini Lasagnes	Lunch Box	Slow Cooker Chicken Chilli Con Carne Cups	Mexican
Nut Free Chocolate Balls	Lunch Box	Slow Cooker Enchilada	Mexican
Oat and Seed Lunchbox Slice	Lunch Box	Tacos - Homemade Seasoning	Mexican
Pear Muffins	Lunch Box	BLT	Sides
Pumpkin Pasties	Lunch Box	Broccoli fritters	Sides
Quinoa Lunch Box Mini Muffins	Lunch Box	Egg and Bacon Tarts	Sides
Quinoa Snack Balls	Lunch Box	Halloumi (Fried Cheese)	Sides
Raspberry and Chocolate Muffins	Lunch Box	Homemade Star Chips	Sides
Rolled Oat Slice	Lunch Box	Left Over Meat Recipe	Sides
Sesame crackers	Lunch Box	Pickled beetroot	Sides

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PWK menu planner app meal list

Planning With Kids Menu Planner App Meal List

Name	Category	Name	Category
Rice cooker Mexican rice	Sides	Greek Meatballs	Summer
Rice cooker coconut rice	Sides	Homemade Hamburgers and Chunky Chips	Summer
Roast Pumpkin Salad	Sides	Lunch Box Pies	Summer
Simple Roasted Tomato Salad	Sides	Marinated Chicken Sticks and Salad	Summer
Sweet Potato Gratin (Dairy Free)	Sides	Mediterranean Cous Cous	Summer
Tzatziki	Sides	Moroccan Minted Beef	Summer
Yoghurt Dip	Sides	Oven Baked Chicken Schnitzel	Summer
Beetroot Soup	Soups	Pan Fried Chicken and Salad	Summer
Chicken and Creamed Vegetable Soup	Soups	Pan Fried Fish with Salad	Summer
Pumpkin Soup	Soups	Roast Pumpkin Salad	Summer
Slow Cooker Chicken Noodle Soup	Soups	Salad Rolls	Summer
Slow Cooker Tomato Soup	Soups	Sausages and Salad	Summer
Tomato Soup (Quick and Easy)	Soups	Shredded Chicken Salad	Summer
Tomato and Coconut Soup	Soups	Simple Quinoa Salad	Summer
Vegetable Soup	Soups	Simple Roasted Tomato Salad and Steak	Summer
BBQ	Summer	Slow cooker shredded beef	Summer
Chicken Pilaf	Summer	Slow cooker shredded beef & rocket salad	Summer
Chicken Schnitzel and Salad	Summer	Souvlaki	Summer
Chicken With Mint Lime Sauce	Summer	Spiced Lamb with Couscous	Summer
Chicken Wraps – Easy Sweet Chilli	Summer	Spicy Slow Cooker Lamb	Summer
Chicken and Rocket Sandwiches	Summer	Warm Tuna Panini	Summer
Dukkah crusted salmon with veg	Summer	Watermelon and feta sticks	Summer
Egg and Bacon Salad	Summer	White Chocolate Chip & Raspberry Cookies	Summer
Fish Burgers	Summer	Whole Roasted Chicken with lemon	Summer

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PWK menu planner app meal list

Planning With Kids Menu Planner App Meal List

Name	Category	Name	Category
100s Of Biscuits	Treats	Chocolate walnut butter	Treats
Almond, date and seed balls	Treats	Christmas Reindeer Biscuits	Treats
Anzac Biscuits	Treats	Cockroach Clusters	Treats
Apple and Cinnamon Teacake	Treats	Coconut Slice – Gluten Free	Treats
Banana Cake	Treats	Dehydrator Chilli Kale Chips	Treats
Banana Oat Balls	Treats	Dehydrator Kale Chips with Capsicum and Cashew Pesto	Treats
Butter Cake	Treats	Easter popcorn	Treats
CandyCane Cookies	Treats	Easy Chocolate Cupcakes	Treats
Caramel Slice (Gluten Free)	Treats	Fairy Bread	Treats
Carrot Cake	Treats	Frozen banana ice creams	Treats
Choc Avocado Mousse	Treats	Fruit Cups	Treats
Choc Chip Muesli Slice	Treats	Fruit Kebabs With Marshmallows	Treats
Choc Dipped Strawberries and Marshmallows	Treats	Fun Froyo Pops	Treats
Choc Protein Smoothie	Treats	Funfetti Cupcakes	Treats
Choc almond cake in a mug	Treats	Gingerbread Men	Treats
Choc banana muffins (gluten & nut free)	Treats	Gluten free choc chip cookies	Treats
Chocolate Balls	Treats	Gluten free honey cupcakes	Treats
Chocolate Balls With Colour	Treats	Homemade box of chocolates	Treats
Chocolate Clusters	Treats	Honey Joys	Treats
Chocolate Freckles	Treats	Honey Roasted Macadamia Clusters	Treats
Chocolate Scones	Treats	Jelly Oranges	Treats
Chocolate Weetbix Slice Recipe	Treats	Jelly Shots	Treats
Chocolate almond cake (dairy & gluten free)	Treats	Kiwi fruit cocktail	Treats
Chocolate cake (easy)	Treats	Lemon Slice	Treats

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PWK menu planner app meal list

Planning With Kids Menu Planner App Meal List

Name	Category	Name	Category
Lola Berry's Lemon Pie Bites	Treats	Rice Cake Slice	Treats
Macadamia butter	Treats	Rocky Road	Treats
Marshmallow Christmas Trees	Treats	Sesame seed slice	Treats
Marshmallow Lollipops	Treats	Slow Cooker Lemon and Coconut Cake	Treats
Milky Way Cars	Treats	Soccer Ball Recipe	Treats
Milky Way Sleighs	Treats	Strawberry Santa Hats	Treats
Mini Christmas puddings (gluten and cane sugar free)	Treats	Strawberry Yogurt Cupcakes	Treats
Mini Hamburgers	Treats	Sweet Potato Brownies	Treats
Mini Hot Dogs	Treats	Sweet and Salty Popcorn	Treats
No Bake Lemon and Coconut Balls	Treats	Tea Cup Biscuits	Treats
No Bake Macadamia Nut Biscuits	Treats	Traffic Light Party Treats	Treats
Nut Seeds Clusters	Treats	Trail Mix (Paleo)	Treats
Parsnip Cupcakes	Treats	Vanilla walnuts	Treats
Party Sausage Rolls	Treats	White Chocolate Chip Muffins	Treats
Pikelets	Treats	Yo Yo Biscuits	Treats
Pineapple Boats	Treats	Yoghurt and Cereal Snack	Treats
Popping Candy Chocolate Cups	Treats	Baked Falafel	Vegetarian
Protein balls	Treats	Baked Potatoes	Vegetarian
Raw Chocolate Cheesecake	Treats	Baked sweet potato	Vegetarian
Raw banana bread bars	Treats	Briami – Roasted Greek Vegetables	Vegetarian
Raw cashew and date bars	Treats	Cabbage and corn fritters	Vegetarian
Raw chocolate coconut bars	Treats	Carrot and Beetroot Fritters	Vegetarian
Raw macadamia balls	Treats	Cauliflower Rice	Vegetarian
Rice Bubble Slice	Treats	Greek Rice Salad	Vegetarian

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PWK menu planner app meal list

Planning With Kids Menu Planner App Meal List

Name	Category	Name	Category
Crockpot Brown Sugar Chicken	Winter	Slow Cooker Lemon Chicken	Winter
Family Meat Pie	Winter	Slow Cooker Risotto	Winter
Honey roasted lamb shoulder	Winter	Slow Cooker Roast Beef	Winter
Lamb Chops and Steamed Vegetables	Winter	Slow Cooker Roast Lamb	Winter
Lamb Chops with Potato Au Gratin and Veg	Winter	Slow cooker beef and broccoli	Winter
Marinated Steak and Garlic Mashed Potatoes	Winter	Slow cooker cauliflower mash	Winter
Meatballs With Rice	Winter	Slow cooker cauliflower mash	Winter
Mini shepherd's pie pots	Winter	Slow cooker honey sesame chicken	Winter
Nanas Lamb Chop Casserole	Winter	Spicy Chutney Chicken With Mixed Rice	Winter
Pasties	Winter		
Rice cooker coconut rice	Winter		
Roast Chicken and Vegetables	Winter		
Sausages and Steamed Vegetables	Winter		
Sausages, veg and crispy mashed potato mounds	Winter		
Shepherds Pie	Winter		
Slow Cooker Balsamic Beef	Winter		
Slow Cooker Beef Casserole	Winter		
Slow Cooker Beef Curry	Winter		
Slow Cooker Beef Goulash and Dumplings	Winter		
Slow Cooker Beef Stew (Paleo)	Winter		
Slow Cooker Beef Stroganoff (Gluten Free)	Winter		
Slow Cooker Beef Stroganoff	Winter		
Slow Cooker Butter Chicken	Winter		

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PWK menu planner app meal list