

WEEKLY DINNER MEAL PLAN

SUN

Oven baked Chicken
Roasted Sweet potatoes
Green beans
Cut vegetables

MON

Baked Salmon
Rice
Broccoli
Green salad

TUES

Lasagne
Crunchy baked cauliflower
Israeli Salad

WED

Tortilla wrap
Tuna/ egg salad
Shredded lettuce & sliced tomatoes
Cut vegetables & tchina dip

THURS

Vegetable soup
Meatballs & rice
Cut vegetables & tchina dip

Serve water with every meal

Remember the "Division of responsibility"

Let your children serve themselves
