

# One-Week Menu Plan

We brought you a sample of a family-friendly menu plan to showcase how a little planning can really make the week a success!

You might have noticed that breakfast isn't there - that's because we want you to get creative in adding to this menu-inspo!

## **SUNDAY:**

L - Soup and Salad. Any combination,  
D - Roast Chicken, asparagus and couscous

## **MONDAY:**

L - Tortilla Rolls. Use your favourite meat and cheese, or veggie combos and wrap them up. Grill in a dry pan to brown the outside and slice into pinwheels.  
D - Veggie Lasagna with Garlic Bread and Caesar Salad. Prep the lasagna on the weekend so that it's ready for the oven when you get home from work.

## **TUESDAY:**

L - Croissant Sandwiches, with leftover roast chicken. Add lettuce, tomato, mayo and cheese.  
D - Taco Night! Or Fajitas, if that's your preference. Make it special with all the toppings that your family loves.

## **WEDNESDAY:**

L - Chicken Caesar Salad. Use up the rest of the roast chicken and the romaine from your salad Monday night.  
D - BBQ Sausages with Corn on the Cob and Lentil Salad.

## **THURSDAY:**

L - Leftover Lasagna.  
D - Chicken Souvlaki and Quinoa Greek Salad.

## **FRIDAY:**

L - Taco Salad. Add some home baked tortilla strips for a special extra.  
D - DIY Pizza night. Use naan breads to create your own personal pizzas. Everyone can choose exactly what they want on theirs!

## **SATURDAY:**

L - Leftovers to clean out the fridge. OR something simple like grilled cheese, with fresh veggies and dip.  
D - Any Easy crockpot recipe that your family loves. If you do your shopping on Saturday or Sunday in preparation for the next week, you'll want something easy for dinner that doesn't require a lot of thinking. That's where Crockpot dump recipes come in really handy. Set it and forget it!