

Make Your Own

Monday

Try It

Tuesday

Wish It

Wednesday

Thankful

Thursday

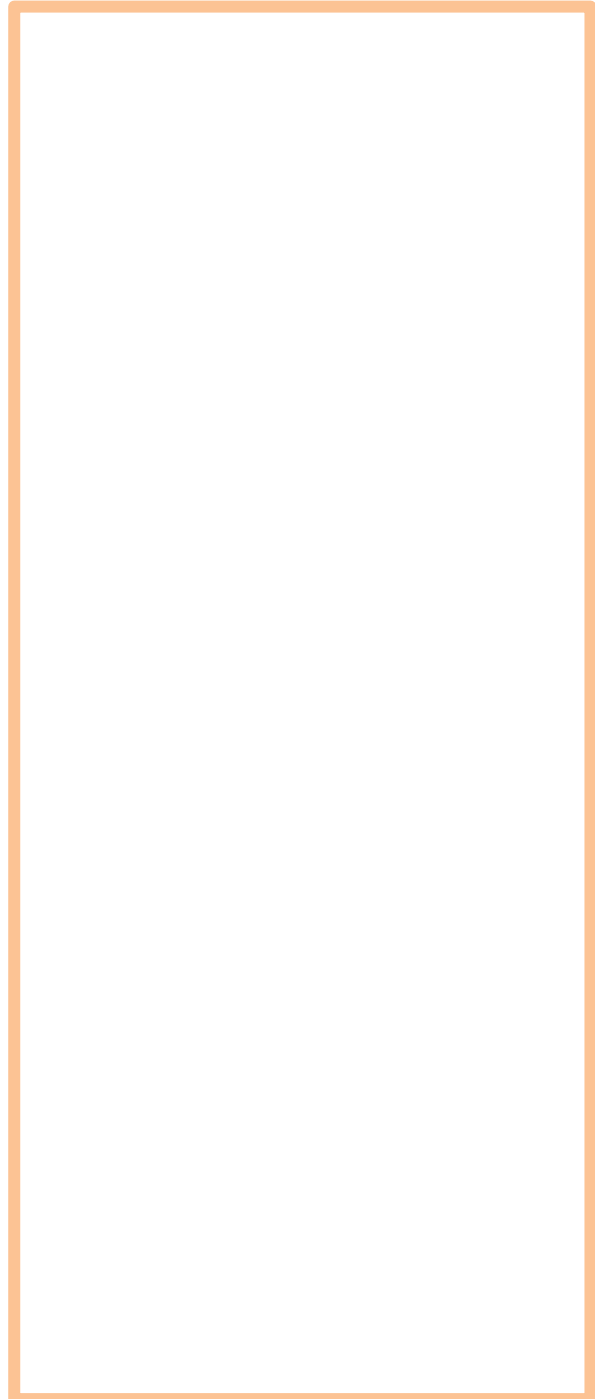
Fishy

Friday

SUPER  
SATURDAY

Supper

Sunday



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### Make Your Own Monday

(kids DIY or plate themselves):

- Lamb yiros
- Chicken wraps
- Taco bowls
- Chicken kebabs with salad
- Fried Rice
- Pizzas
- Homemade Burgers
- Roast and veggies

### Try It Tuesday:

Get kids to help choose a new dish.

### Wish It Wednesday

(kid favourites)

- Lasagne
- Tuna Mornay
- Spaghetti Bolognaise
- Macaroni cheese
- Sausages and mash

### Thankful Thursday

Chef's choice. Like it or lump it!

### Fishy Friday:

- Crumbed fish and potato gems
- Fish fingers and salad
- Salmon and salad

### Super Saturday

Dinner with friends or take out.

### Supper Sunday

- Leftovers
- Pantry raid – see what you find!