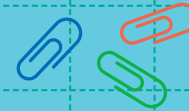


Back to School

Midweek Meal Planner

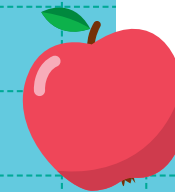
Developed by our nutritionist,
Dr Hayley Marson



Shopping List



	Breakfast	Snack	Lunch
Mon	Mightie Malties with milk, 1 piece of fruit	1 piece of fruit	Pasta with tuna, kidney beans & cucumber; Soreen; 1 piece of fruit
Tue	2 slices of wholemeal toast with banana	1 piece of fruit	Baked potato with tuna, mayo & sweetcorn; Soreen; 1 piece of fruit
Wed	Mightie Malties with milk, 1 piece of fruit	1 piece of fruit	Pasta in passata with pepper & carrot batons; Soreen; 1 piece of fruit
Thu	2 slices of wholemeal toast with baked beans	1 piece of fruit	Pasta with cheese sauce, peppers & sweetcorn; Soreen; 1 piece of fruit
Fri	Mightie Malties with milk, 1 piece of fruit	1 piece of fruit	Baked potato with baked beans; Soreen; 1 piece of fruit



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