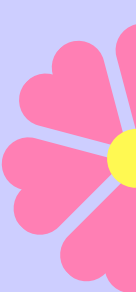
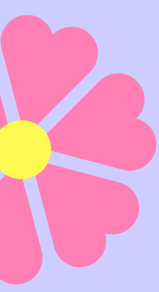


# RAMADAN MEAL PLAN

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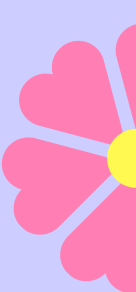
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	CHIC SAMOOSA MOONS BUTTER CHICKEN HALEEM FALOODA	CHICKEN PIES KEBABS LOADED HUMMUS MINI PITAS BROWNIES & ICE CREAM	SAMOOSAS MINI SUBS ALFREDO PASTA FLAMBY	PIDES SPRINGROLLS MINI TORTILLA WRAPS PHIRNI
TUE	SPRINGROLLS SWEETCORN LAGAN STEAK & MUSHROOM SAUCE	MINI PIZZA POTATOE SAMOOSAS AKNI	SPRINGROLLS CHICKEN POPS MASALA CHOPS BAKED POTATOE STIR FRY VEG	SAVOURY BUNS ALOO CHAAT STACKS MASALA STEAK POTATOE WEDGES
WED	STEAK PIES MINI SUBS CRUMBED CHICKEN SALAD POTATO WEDGES	PATHA PIES SWEETCORN LAGAN TOASTED STEAK SANDWICHES	PRAWN MOONS CHICKEN CUPS FALAFELS PITA HUMMUS	SAMOOSAS STEAK PIES NANDOS STRIPS & RICE
THUR	CHIC MOONS DONUT MAKER BAJIAS MINI BURGERS CHIPS SALAD	SAVOURY BUNS MOONS KEBAB ROTI/NAAN TZAZIKI SALSA	SAMOOSAS KEBABS CHICKEN TIKKA SALAD ROTI	STICKY WINGS CRUMBED MUSHROOMS QUESADILLAS
FRI	MINCE SAMOOSAS PRAWN MOONS ROAST CHICKEN MIX VEG BAKED POTATOE	STEAK PIES 4 IN 1 CUTLETS DHALL AND RICE	SAUSAGE PIES CUTLETS MINI BUNNY CHOW SALSA	SWEETCORN BAJIA MAMAS PIES CHICKEN CURRY & RICE/ROTI
WEEK ENDS	SAT- PIZZAS/ PASTA  SUN - CHIPS & POLONY	SAT-WORS ROLL/ PAP & TOMATOE CHUTNEY  SUN- TOASTED CHIC & MAYO	SAT- MOCHACHOES BURGERS/ BRAAI  SUN -NACHOS	SAT -AK 47/ ROLLS WITH CHIC/STEAK  SUN-HOT DOGS



# RAMADAAN

## MEAL PLAN

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WEEK 1

WEEK 2

WEEK 3

WEEK 4

MON

TUE

WED

THUR

FRI

WEEK  
ENDS