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| **Meal/day** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  |  |  |  |  |  |  |
| **Breakfast** | 2 shredded wheat / weetabix + milk and fruit | 2 shredded wheat / weetabix + milk and fruit | 2 shredded wheat / weetabix + milk and fruit | 2 shredded wheat / weetabix + milk and fruit | 2 shredded wheat / weetabix + milk and fruit | 2 shredded wheat / weetabix + milk and fruit | 2 shredded wheat / weetabix + milk and fruit |
|  |  |  |  |  |  |  |  |
| **Snack (10.30am)** | Choose something from the snack ideas sheet  |
|  |  |  |  |  |  |  |  |
| **Lunch** | Spanish tortilla | Spiced Singapore noodles with cauliflower & prawns | Griddled chicken and vegetables with rice | Grilled pork tenderloin marinated in spicy soy sauce & rice  | Italian-style beef stew and jacket potato | Seared steaks with caramelized onions baked potato wedges & mixed vegetables | Indian wok-seared chicken & vegetables, rice |
|  |  |  |  |  |  |  |  |
| **Snack (4.30pm)** | Choose something from the snack ideas sheet  |
|  |  |  |  |  |  |  |  |
| **Exercise (6pm)** | Running or some other exercise |
|  |  |  |  |  |  |  |  |
| **Dinner (7 or 7.30pm)** | Spiced Singapore noodles with cauliflower & prawns | Griddled chicken and vegetables with rice | Grilled pork tenderloin marinated in spicy soy sauce & rice  | Italian-style beef stew and jacket potato | Seared steaks with caramelized onions baked potato wedges & mixed vegetables | Indian wok-seared chicken & vegetables, rice | Spanish tortilla |