

	week 1	week 2	week 3
saturday	Honey Yogurt Lentil Soup Quiche Lorraine	Scrambled Eggs Grilled Cheese Salmon Steaks	Cereal, Bananas Crepes, Fruit Salad Chili and Chips
sunday	Peanut Butter Toast Blueberry Pancakes Sage Roast Chicken	Croissants Spinach Boat Lasagna, Salad	Omelettes Chili Dogs Lamb Curry
monday	Raisin Oatmeal Chicken Sandwiches Tomato Feta Penne	Apple Oatmeal Dip, Vegetables Potatoes, Salad	Oatmeal, Berries Egg Salad Bagels Salsa Fish Fillets
tuesday	Cereal, Berries Pasta Salad Beef Tortillas	Cereal, Bananas Hummus, Pitas Beef Stir-fry	Berry Smoothies Salmon Rolls Feta Fusilli
wednesday	Walnut Toast Crunchy Bagels Stir-fry Shrimp	English Muffins Tuna Sandwiches Spanish Frittata	English Muffins Tomato Sandwiches Lemon Chicken
thursday	Orange Smoothies Tuna Pockets Chops, Coleslaw	Fruit Smoothies Creamy Bagels Chicken Fajitas	Strawberry Parfaits Chicken Sandwiches Chili Potatoes
friday	Cereal, Bananas Veggie Bagels Pita Pizzas	Yogurt Sundaes Chicken Wraps Lasagna, Salad	Cereal, Berries Vegetable Bagels Shepherd's Pie

These menus are designed to feed most families of 4, 5 and even 6 people depending on the age of your children. For more information on adjusting quantities to fit your family, see page 141.

	week 4	week 5	week 6
saturday	Lemon Smoothies Greek Platter Chock full of Nachos	Eggs Provençal Cauliflower Soup Chicken Caesar Salad	Cereal, Fruit Squash Soup Fettuccine Carbonara
sunday	Cereal, Berries Walnut Egg Toast Pork Tenderloin	English Muffins Pancakes, Sausages Bean Burritos	Banana Smoothie French Toast Chicken Fingers
monday	Scrambled Eggs Pork Sandwiches Salade Niçoise	Peanut Butter Oatmeal Chicken Caesar Wraps Spaghettini, Meat Sauce	Date Oatmeal Broccoli Salad Sausages, Potatoes
tuesday	Creamy Bagels Salad Niçoise Chicken Stir-fry	Cereal, Bananas Hummus Pitas Tasty Fish Fillets	Scrambled Eggs Vegetable Bagels Vietnamese Soup
wednesday	Berry Oatmeal Hummus, Vegetables Macaroni and Cheese	Peach Parfaits Vegetable Sandwiches Peanut Turkey Stir-fry	Blueberry Sundaes Greek Salad, Pitas Orange Teriyaki Fish
thursday	Cereal, Bananas Veggie Sandwiches Pepper Steak	Chocolate Smoothies Egg Salad Rolls Maritime Potatoes	Breakfast Pizzas Egg Salad Sandwiches Black Beans and Rice
friday	Pineapple Parfaits Salmon Salad Bagels Pepperoni Pizza	Cereal, Blueberries Crunchy Bagels Souvlaki Pitas	Peanut Butter Bagels Salmon Salad Pitas Cheeseburgers, Fries

If you have picky eaters in the family, letting them choose the week they prefer can be a good way to include them.