



# AUTUMN MEAL PLANNER

## MONDAY

Moroccan lamb stew  
Serve with crusty bread  
[Click here for the recipe](#)

## TUESDAY

Garlic chicken schnitzel  
Serve with wedges & salad  
[Click here for the recipe](#)

## WEDNESDAY

Haloumi & silverbeet fritters  
Serve with soft rolls & salad  
[Click here for the recipe](#)

## THURSDAY

Meatball macaroni and  
cheese  
[Click here for the recipe](#)

## FRIDAY

Favourite family pie  
Serve with steamed veggies  
[Click here for the recipe](#)

## SATURDAY

Homemade takeaway:  
Doner kebabs  
[Click here for the recipe](#)

## SUNDAY

Chicken, tomato & spinach  
curry  
Serve with rice  
[Click here for the recipe](#)

## NOTES

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## SHOPPING LIST