

My food diary

Breakfast Monday to Friday: Weetabix, with banana and milk

Breakfast Saturday and Sunday: Shreddies with milk

Monday

Lunch: Isaac's lunch box – little pot of hummus, toasted pitta bread, carrot, celery and cucumber sticks, slice of malt loaf and frozen yogurt.

Dinner: Bolognese with pasta and grated cheese

Neil, Oliver and I – cucumber and salad cream sandwiches.

Tuesday

Lunch: Isaac's lunch box - pasta salad (made with leftover pasta from the night before), apple, strawberries, slice of malt loaf.

Dinner: fish fingers, chips and baked beans – kids' yogurts

Neil, Oliver and I - pasta salad (made with leftover pasta from the night before) with strawberries and satsumas.

Wednesday

Lunch: Isaac's lunch box – grated carrot and hummus sandwich, grapes, strawberries and a slice of malt loaf.

Dinner: chilli and rice (using the leftover Bolognese from Monday) and the boys had little yogurts.

Neil, Oliver and I - cheese and pickle sandwiches and apples, grapes and strawberries.

Thursday

Lunch: Isaac's lunchbox – cheese and cucumber sandwich with salad cream, with carrot sticks and malt loaf.

Dinner: sausages, mashed potato, Yorkshire pudding, broccoli and gravy. Yogurts for the boys.

Neil, Oliver and I - jam sandwiches and raisins.

Friday

Lunch: Isaac's lunchbox – cream cheese and cucumber sandwich, apple and malt loaf.

Dinner: homemade cheese and tomato pizzas. Angel delight

Neil - jam sandwiches. Oliver and I - cream cheese on toast, oranges

Saturday

Lunch: Leftover pizza from the evening before.

Dinner: Macaroni cheese with butternut squash and broccoli. Boys had yogurts.

Sunday

Lunch: homemade butternut squash soup (Made from leftover squash from night before) and crusty bread.

Dinner: sausages, roast potatoes, carrots, broccoli and Yorkshire puddings.

Snacks: Jaffa cakes, hula hoops, breadsticks. Homemade vegetable peeling crisps. Homemade bread and butter pudding bites (using leftover bread). Toasted butternut squash seeds.