

Cath's Meal Planner January 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Sausage Wellingtons, potato bake, steamed greens	2 MOO Pizza Night	3 Rissoles, coleslaw, green salad, bread rolls	4 Tacos
5 Roast beef, baked vegetables, steamed greens, gravy, mustard	6 Singapore noodles, spring rolls	7 Pasta bake, green salad, garlic bread	8 Quiche, wedges and salad	9 MOO Pizza Night	10 Spicy chicken wings, fried rice	11 Hamburgers
12 Roast chicken, baked vegetables, steamed greens, gravy	13 Schnitzels with tomato gravy, baked potato, steamed broccoli, carrots	14 BBQ steak, salad, bread rolls	15 Mango chicken curry over steamed rice	16 MOO Pizza Night	17 Spaghetti and meatballs, garlic bread	18 Hot dogs with coleslaw, onion, cheese, mustard, tomato sauce,
19 Leg of lamb, roast vegetables, steamed greens, gravy, mint sauce	20 Haystacks	21 Cream cheese patties, salad	22 BBQ chops, mash, steamed greens, gravy	23 MOO Pizza Night	24 Toasted sandwiches	25 Corn fritters and salad
26 Roast chicken, baked vegetables, steamed greens, gravy	27 MOO Veggie burgers, salad, bread rolls	28 Cold chicken and salad	29 Rissoles and salad	30 MOO Pizza Night	31 Vegetarian chilli, corn bread	

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