

~ Cath's Meal Planner January 2015 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NY Day BBQ	2 Leftovers	3 Tacos
4 Roast Chicken, baked vegetables & gravy	5 BBQ chops & salad	6 Spag Bol & green salad	7 Fish, coleslaw & wedges	8 MOO Pizza	9 Honey soy stir fry & rice	10 Sausages & Salad
11 Roast beef, baked vegetables & gravy	12 Cream Cheese Patties & salad	13 Pasta Bake, wedges & salad	14 Silverside, mash, steamed cabbage, carrots, mustard sauce	15 MOO Pizza	16 BBQ steak & salad	17 Sausage rolls & salad
18 Roast chicken, baked vegetables & gravy	19 Meatloaf & salad	20 Spag Bol, green salad, garlic bread	21 Schnitzels, potato bake, carrots, beans, tomato gravy	22 MOO Pizza	23 Chicken enchiladas	24 Toasted sandwiches
25 Roast lamb, baked vegetables & gravy	26 Crumbed chicken pieces, mash, peas, zucchini, carrots, gravy	27 Refrigerator Lasagne & salad	28 BBQ steak & salad	29 MOO Pizza	30 Fish, salad & wedges	31 Haystacks