

Cath's Meal Planner January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast Lamb	2 Lamb fritters, salad	3 Spag bol	4 Mexican Lasagne, salad	5 MOO Pizza	6 Haystacks	7 Toasted Sandwiches
8 Roast Chicken	9 BBQ sausages, salad	10 Chicken Alfredo	11 Vegetable Curry, rice	12 MOO Pizza	13 Stir-fry	14 Hamburgers
15 Roast Beef	16 Fish, wedges, coleslaw	17 Refrigerator Lasagne	18 Thai chicken curry, rice	19 MOO Pizza	20 Tacos	21 Sausage rolls, salad
22 Roast Chicken	23 Tomato & Onion Quiche, salad	24 Tortellini in tomato sauce	25 Butter chicken, rice, naan	26 Australia Day BBQ	27 Hamburgers	28 Fish, wedges, salad
29 Roast Lamb	30 Mexican Meatballs	31 Pasta Bake	Notes:			