

## ~ Cath's Meal Plan February 2015 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Roast Chicken, baked vegetables, beans, gravy	<b>2</b> Echidnas, mashed potato, broccoli, carrots	<b>3</b> Spag Bol, green salad, garlic bread	<b>4</b> BBQ Sausages & salad	<b>5</b> MOO Pizza	<b>6</b> Satay chicken stir fry with noodles	<b>7</b> Hamburgers
<b>8</b> Roast Beef, baked vegetables, cauliflower, gravy	<b>9</b> Cold roast beef & salad	<b>10</b> Pasta Bake, Greek salad, bread rolls	<b>11</b> Slowcooker Silverside with sweet potato mash, cabbage with cheese sauce, peas, carrots	<b>12</b> MOO Pizza	<b>13</b> Tandoori Chops, steamed savoury rice, MOO naan	<b>14</b> Sausages & Salad
<b>15</b> Roast Chicken, baked vegetables, peas/corn/carrot, gravy	<b>16</b> Chicken fried rice, spring rolls with sweet chilli sauce	<b>17</b> Spag Bol, salad, garlic bread	<b>18</b> Mock Fish, MOO wedges, salad	<b>19</b> MOO Pizza	<b>20</b> Corn fritters, salad	<b>21</b> Muffin Surprise
<b>22</b> Roast Lamb, baked vegetables, cauliflower with cheese sauce, gravy	<b>23</b> Grilled fish, MOO wedges, coleslaw	<b>24</b> Refrigerator Lasagne, tossed salad	<b>25</b> Sweet Lamb Curry, steamed rice	<b>26</b> MOO Pizza	<b>27</b> Vegetable quiche, salad	<b>28</b> Tacos