

## ~ Cath's Meal Planner February 2015 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Roast Chicken, baked vegetables, broccoli, gravy	<b>2</b> Chicken stir-fry with fried rice	<b>3</b> Spag bol, salad	<b>4</b> Schnitzels and salad	<b>5</b> MOO Pizza	<b>6</b> Thai Fish Cakes, salad	<b>7</b> BBQ sausages in bread with AJ's Barbecue Sauce
<b>8</b> Roast beef, baked vegetables, beans, gravy	<b>9</b> Corn fritters, salad	<b>10</b> Steak, sweet potato mash, corn, carrots, broccoli, mushroom gravy	<b>11</b> Tandoori chicken, rice, salad	<b>12</b> MOO Pizza	<b>13</b> Spicy Salsa Meatloaf, salad	<b>14</b> Grilled Cheese sandwiches, tomato soup
<b>15</b> Roast Chicken, baked vegetables, beans, corn, gravy	<b>16</b> Curried Tuna Slice, salad	<b>17</b> Lamb hotpot, mashed potato, broccoli, carrots	<b>18</b> Vegetable Lasagne, salad, garlic bread	<b>19</b> MOO Pizza	<b>20</b> Schnitzels with tomato gravy, potato bake, salad	<b>21</b> Tuna Melts
<b>22</b> Roast lamb, baked veggies, peas, mint sauce, gravy	<b>23</b> French shepherd's pie, peas, corn, cauliflower with cheese sauce	<b>24</b> Stroganoff, egg noodles	<b>25</b> Chicken & lime coriander rice enchiladas	<b>26</b> MOO Pizza	<b>27</b> Butter chicken, rice, naan	<b>28</b> Curried eggs over steamed rice, naan
<b>29</b> Roast Chicken, baked vegetables, broccoli, gravy	<b>30</b> Grilled fish, wedges, coleslaw	<b>31</b> Sweet'n'Sour chicken, fried rice	<b>Notes:</b>			