

# Cath's Meal Plan March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Sweet & Sour meatballs, rice	2 MOO Pizza	3 Haystacks	4 Enchiladas
5 Roast Chicken	6 Rissoles, vegetables, gravy	7 Spag bol	8 Chicken parmigiana, salad, french fries	9 MOO Pizza	10 Stir-fry	11 Muffin Surprise
12 Roast Beef	13 Meatloaf, salad	14 Refrigerator Lasagne	15 Lamb curry, steamed rice, papadums	16 MOO Pizza	17 Tacos	18 Haystacks
19 Roast Chicken	20 Meatloaf, salad	21 Chicken Alfredo	22 Shepherds Pie, carrot, peas, corn	23 MOO Pizza	24 Hamburgers	25 Tacos
26 Roast Lamb	27 Swedish Meatballs, noodles	28 Bolognese Pasta Bake	29 Lamb kebabs	30 MOO Pizza	31 Haystacks	<b>Notes:</b>