

## ~ Cath's Meal Plan September 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Stroganoff, noodles	<b>2</b> Spinach Ricotta Ravioli	<b>3</b> MOO Pizza	<b>4</b> Vegetable Moussaka	<b>5</b> Soup & crumpets
<b>6</b> Roast Lamb	<b>7</b> Rissoles, vegetables, gravy	<b>8</b> Lamb shanks in gravy	<b>9</b> Schnitzels, potato bake, carrots, tomato gravy	<b>10</b> MOO Pizza	<b>11</b> Fish Cakes and salad	<b>12</b> Muffin Surprise
<b>13</b> Roast Chicken	<b>14</b> Meatloaf, mash, greens, gravy	<b>15</b> Spaghetti, salad	<b>16</b> Curried chicken & rice	<b>17</b> MOO Pizza	<b>18</b> Hamburgers	<b>19</b> Toasted Sandwiches
<b>20</b> Roast Beef	<b>21</b> Sausage casserole, sweet potato mash, greens	<b>22</b> Cream Cheese patties, salad	<b>23</b> Lasagne and salad	<b>24</b> MOO Pizza	<b>25</b> Chicken casserole	<b>26</b> MOO Pies
<b>27</b> Roast Chicken	<b>28</b> Steak and veggies	<b>29</b> Porcupines, mash	<b>30</b> Chicken in Plum Sauce, rice	<b>Notes:</b>		