

Cath's Meal Plan December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Silverside & salad	2 Spaghetti bolognaise, salad, garlic bread	3 Tacos	4 MOO Pizza	5 Baked potatoes, coleslaw, cheese, beetroot, sour cream, pineapple	6 Toasted sandwiches
7 Roast chicken, baked vegetables, gravy	8 Pasta bake, tossed salad, garlic bread	9 Cream cheese patties & salad	10 Wellington loaf, baked vegetables	11 MOO Pizza	12 Chicken risotto	13 Hamburgers
14 Roast beef, baked vegetables, gravy	15 Fish cakes, chips, coleslaw	16 Cold roast beef with mustard sauce, salad	17 Schnitzels, wedges, salad, tomato gravy	18 MOO Pizza	19 Rissoles & salad	20 Calzones
21 Roast Chicken, baked vegetables, gravy	22 French steak, salad, bread stick	23 Meatloaf muffins, steamed potato, beans, carrot, zucchini	24 Barbecue – chops, sausages, salads	25 Leftovers from Christmas lunch	26 Leftovers from Christmas day	27 Haystacks
28 Roast Lamb, baked vegetables, gravy	29 Apricot chicken, steamed rice	30 Stuffed cob loaf, tossed salad	31 New Year's Eve barbecue	Notes:		

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