

Cath's Meal Plan December 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Mustard Roast Beef, baked root vegetables, gravy	2 Curried Tuna Slice, tossed salad	3 Spaghetti bolognaise, salad	4 Schnitzels, potato salad, coleslaw, tomato gravy	5 MOO Pizza	6 Corn fritters and salad	7 Hamburgers
8 Roast chicken, baked vegetables, gravy	9 Cream Cheese Patties, salad	10 Lasagne, tossed salad, bread	11 Curried chicken over fried rice	12 MOO Pizza	13 Nutty rice rissoles, salad	14 Tacos
15 Roast lamb, garlic & rosemary vegetables, gravy	16 Plum skewers, fried rice	17 Pasta bake, salad, garlic bread	18 BBQ glazed meat loaf, mash, steamed greens	19 MOO Pizza	20 Crumbed fish, wedges, coleslaw	21 Haystacks
22 Stuffed roast chicken, baked vegetables, gravy	23 BBQ steak and salad	24 Christmas Eve – barbecue and salad	25 Christmas Dinner!	26 Boxing Day – Christmas Day Leftovers	27 Silverside, mash, steamed greens, mustard sauce	28 BBQ sausages, salad, bread
29 Roast beef, baked vegetables, gravy	30 Cold silverside, salads	31 New Year's Eve - barbecue				