

CATH'S MEAL PLAN JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Frugal Haystacks
2 Roast Chicken	3 Quiche & salad	4 Spag Bol	5 Chicken Curry & Rice	6 MOO Pizza	7 Fish, Wedges, Coleslaw	8 BBQ Sausages & salad
9 Roast Lamb	10 Rissoles & Salad	11 Ravioli	12 Marinated drumsticks	13 MOO Pizza	14 BBQ Sausages &	15 Tacos
16 Roast Chicken	17 Fish Cakes & Salad	18 Lasagne	19 Marinated Steak & salad	20 MOO Pizza	21 Cream Cheese Patties	22 Hamburgers
23 Roast Beef	24 BBQ Chicken Wings & salad	25 Spag Bol	26 Enchiladas	27 MOO Pizza	28 Sausages & salad	29 Haystacks
30 Roast Chicken	31 Easy Chicken & Parmesan Risotto					