

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast Chicken & Veg	2 Rissoles, salad	3 Spag bol, garlic bread, salad	4 Chicken Stir-fry, noodles	5 MOO Pizza	6 Fish, wedges, salad	7 Birthday dinner
8 Roast Beef & Veg	9 Meatloaf & salad	10 Refrigerator Lasagne, salad	11 Cream Cheese Patties, salad	12 MOO Pizza	13 Quiche, salad	14 Hot roast beef & gravy sliders
15 Roast Chicken & Veg	16 Sausages & salad	17 Spinach Ricotta Agnolotti	18 Fish Cakes, salad	19 MOO Pizza	20 Grilled Chicken, salad	21 Tacos
22 Roast Lamb & Veg	23 Sweet chilli chicken strips & salad	24 Pasta Bake, salad	25 Enchiladas	26 MOO Pizza	27 Steak sandwiches	28 Freezer Meals
29 Roast Chicken & Veg	30 Kransky, potato bake, veg	31 Fettucine Alfredo, salad				