

Cath's Meal Plan January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BBQ & Salad	2 Spag Bol, salad	3 Rissoles, salad	4 MOO Pizza	5 Fish, gems, salad	6 Tacos
7 Roast Beef	8 Roast beef & salad	9 Lasagne, salad	10 Chicken enchiladas, salad	11 MOO Pizza	12 Haystacks	13 Hamburgers
14 Roast Chicken	15 Corned beef, mash, veggies	16 Ricotta Gnocchi, salad	17 Quiche, salad	18 MOO Pizza	19 Cream Cheese Patties, salad	20 Chicken fajitas
21 Roast Lamb	22 Sausages & salad	23 Pumpkin Ravioli, salad	24 Chicken Kiev, mash, veggies	25 MOO Pizza	26 Barbecue	27 Quick Rice Patties, salad
28 Roast Beef	29 Roast beef & salad	30 Lasagne, salad	31 Chicken enchiladas, salad			