

## Cath's Meal Plan January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 BBQ sausages, salad, bread	2 Toasted sandwiches
3 Roast Chicken	4 Rice patties, salad	5 Spag bol	6 Hawaain Meatloaf, salad	7 MOO Pizza	8 Meatloaf , salad	9 Sausages, salad
10 Roast Beef	11 Chicken & Sun- dried Tomato pasta bake	12 Meat balls, mash, beans, corn	13 BLT focaccias with pesto mayo	14 MOO Pizza	15 Chicken fajitas	16 Cheeseburgers
17 Roast Chicken	18 Curried Tuna Slice, salad	19 Honey Mustard Chicken Toasties	20 Veggie quiche, salad	21 MOO Pizza	22 Beef & Broccoli stir-fry	23 Tacos
24 Roast Lamb	25 Chicken Cacciatore over steamed rice	26 Australia Day Barbecue	27 BBQ drumsticks with mango salsa	28 MOO Pizza	29 Lasagne, salad	30 BBQ chops, salad
31 Roast Chicken	<b>Notes:</b>					