

Cath's Meal Planner January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BBQ Sausages	2 Spag Bol, salad, garlic bread	3 *Garlic Chicken Kebabs	4 MOO Pizza	5 *Friday Night Frittata	6 Hamburgers
7 Roast Lamb	8 Cream Cheese Patties, Salad	9 Lasagne & salad	10 French Shepherd's Pie & salad	11 MOO Pizza	12 Kransky, Hot Potato Salad	13 Taco Pie
14 Roast Chicken	15 Mini Meatloaf, salad	16 *Chicken Alfredo	17 BBQ sausages, salad	18 MOO Pizza	19 Haystacks	20 Toasted Sandwiches
21 Roast Beef	22 Fish cakes, wedges, salad	23 Pasta Bake	24 Quiche, salad	25 MOO Pizza	26 Australia Day BBQ	27 Hamburgers
28 Roast Chicken	29 Schnitzels, potato bake	30 Gnocchi & garlic bread	31 *Lemon Avocado Chicken			