

# Cath's Meal Planner January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Spag Bol, salad, garlic bread	2 Fish, wedges, coleslaw	3 MOO Pizza	4 Honey Soy Chicken, salad, rice	5 Sausages in Bread
6 Roast Chicken	7 Baked Chicken Enchiladas	8 Lasagne & salad	9 Haystacks	10 MOO Pizza	11 Corn fritters, salad	12 Tacos
13 Roast Beef	14 Schnitzels, potato bake, green salad	15 Pasta Carbonara, salad	16 BBQ Sausages, salad	17 MOO Pizza	18 Chicken fried rice	19 Hamburgers
20 Roast Chicken	21 Fish cakes, salad	22 Gnocchi & garlic bread	23 Chicken kebabs, rice, salad	24 MOO Pizza	25 Sausage rolls, salad	26 Toasted Sandwiches
27 Roast Lamb	28 BBQ chicken, salad	29 Spag Bol, salad, garlic bread	30 Corned beef, mash, carrots, mustard sauce	31 MOO Pizza		