

Cath's Meal Plan January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 BBQ & salads	2 MOO Pizza	3 Cream Cheese Patties, salad	4 Haystacks
5 Roast Chicken	6 Parma, wedges, salad	7 Party Food - Birthday Dinner	8 Spag Bol	9 MOO Pizza	10 Corn fritters & salad	11 Tacos
12 Roast Beef	13 Marinated drumsticks, salad	14 Vegetable Lasagne	15 Tuna Surprise, green salad	16 MOO Pizza	17 Tomato & onion quiche, salad	18 Muffin Surprise
19 Roast Chicken	20 BBQ steak, salad	21 Ricotta Gnocchi	22 Fried Rice, Lemon Chicken	23 MOO Pizza	24 Mock fish fingers, chips & salad	25 Hamburgers
26 Roast Lamb- Australia Day BBQ	27 Honey Mustard Chicken	28 Pasta Bake	29 BBQ & Potato bake	30 MOO Pizza	31 Curried tuna slice, salad	

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