

## CATH'S MEAL PLAN FEBRUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Spaghetti Alfredo	2 Rissoles & Salad	3 MOO Pizza	4 Fish, Wedges, Coleslaw	5 Steak Sandwiches
6 Roast Lamb	7 Chicken Curry & Rice	8 Vegetable Lasagne	9 BBQ Chicken Wings & salad	10 MOO Pizza	11 BBQ Drumsticks & salad	12 Tacos
13 Roast Chicken	14 Quiche & salad	15 Tomato Pasta Bake	16 BBQ Meatloaf, salad	17 MOO Pizza	18 BBQ Sausages	19 Loaded Nachos
20 Roast Beef	21 Fish Cakes & Salad	22 Pumpkin Ravioli	23 Grilled chicken & salad	24 MOO Pizza	25 Steak Sandwiches	26 Haystacks
27 Roast Chicken	28 BBQ Chicken Wings & salad					