

# Cath's Meal Plan February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 MOO Pizza	2 Tacos	3 Mock Fish, salad
4 Roast Beef	5 Meatloaf, veggies	6 Spinach Ricotta Ravioli, salad	7 Corned beef, salad	8 MOO Pizza	9 Schnitzels, salad	10 Lamb Souvlaki
11 Roast Chicken	12 Meat Pie, chips, salad	13 Carbonara, salad	14 Fish, wedges, salad	15 MOO Pizza	16 Honey soy Chicken, rice, salad	17 Sausage sandwiches
18 Roast Lamb	19 Quiche, salad	20 Lasagne, salad	21 Curried chicken, rice	22 MOO Pizza	23 Cream cheese patties, salad	24 Hamburgers
25 Roast Chicken	26 Tuna surprise, salad	27 Spag bol, salad	28 Butter chicken, rice	29 MOO Pizza		