

Cath's Meal Plan February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Roast Beef	2 Schnitzels, chips, salad	3 Carbonara	4 Meatloaf & Salad	5 MOO Pizza	6 Cream Cheese Patties, salad	7 Enchiladas
8 Roast Chicken	9 Rissoles, salad	10 Pumpkin Ravioli	11 Sweet'n'Sour Chicken & fried rice	12 MOO Pizza	13 Fish, wedges, coleslaw	14 Sausage sandwiches
15 Roast Lamb	16 Apricot Chicken, rice	17 Spag Bol	18 Corned Beef, mash	19 MOO Pizza	20 Chicken pie, veggies	21 Cheeseburgers
22 Roast Chicken	23 Quick Rice Patties, salad	24 Veggie Lasagne & salad	25 Honey Soy chicken skewers, salad	26 MOO Pizza	27 Curried tuna slice, salad	28 BBQ kranisky, potato bake