

# Cath's Meal Plan February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Omelettes
2 Roast Chicken	3 Fish cakes, potato gems & salad	4 Refrigerator Lasagne	5 Chicken Pot Pies, salad	6 MOO Pizza	7 Stuffed Potatoes	8 Hawaiian Haystacks
9 Roast Beef	10 Butter Chicken, Rice, Naan	11 Cannelloni	12 Mock Chicken Schnitzels	13 MOO Pizza	14 Quick Rice Patties, salad	15 BBQ sausages, salad
16 Roast Chicken	17 Mock Fish, Chips, Salad	18 Spag Bol	19 Honey Soy Chicken kebabs, fried rice	20 MOO Pizza	21 BBQ, salads	22 Freezer Meals
23 Roast Lamb	24 Sweet Lamb Curry, rice, naan	25 Pasta Carbonara	26 BBQ, salad	27 MOO Pizza	28 Tuna Surprise, Salad	29 Toasted Sandwiches