

Cath's Meal Plan February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Meatloaf, salad	2 Refrigerator Lasagne	3 Chicken pot pie, veggies	4 MOO Pizza	5 Sausage Wellingtons, salad	6 Fried Rice/Spring Rolls
7 Roast Lamb	8 BBQ & salad	9 Spag Bol	10 French Shepherd's Pie	11 MOO Pizza	12 Vegetable Moussaka, green salad	13 Toasted Sandwiches
14 Roast Chicken	15 Rissoles, mash, onion gravy	16 Ravioli	17 Sweet'n'sour Chicken, fried rice	18 MOO Pizza	19 Mock Schnitzels, wedges, salad	20 Sausage rolls
21 Roast Beef	22 Apricot Chicken, mash, veggies	23 Lasagne	24 Beef & Veggie Pie	25 MOO Pizza	26 Fish, potato gems, coleslaw	27 Quesadillas
28 Roast Chicken						

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