

CATH'S MEAL PLAN MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Spag Bol	2 Meatloaf & Salad	3 MOO Pizza	4 Cream Cheese Patties	5 Hamburgers
6 Roast Lamb	7 Quick Rice Patties & Veggies	8 Chicken Broccoli Pasta Bake	9 Sausages in onion gravy, mash, veggies	10 MOO Pizza	11 Fish, Wedges, Coleslaw	12 Tacos
13 Roast Chicken	14 BBQ sausages & salad	15 Spaghetti Pie	16 BBQ Chicken Wings & salad	17 MOO Pizza	18 BBQ Sausages	19 Tuna Melts
20 Roast Beef	21 Quiche & salad	22 Ricotta Gnocchi	23 Vegetable Moussaka	24 MOO Pizza	25 Chicken Curry & Rice	26 Hamburgers
27 Roast Chicken	28 Rissoles & Salad	29 Spaghetti & Meatballs	30 Fish Cakes & Salad	31 MOO Pizza		