

## Cath's Meal Plan March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Roast Beef & Veg	2 Schnitzels, salad	3 Alfredo Pasta Bake, salad	4 Honey Mustard Chicken & Rice	5 MOO Pizza	6 Mexican Meatballs, rice	7 Haystacks
8 Roast Chicken & Veg	9 Meat pie & veggies	10 Ravioli & salad	11 Chicken fried rice, spring rolls	12 MOO Pizza	13 Fish cakes, salad	14 Soup & crumpets
15 Roast Lamb & Veg	16 Quiche & salad	17 Spag Bol	18 Crumbed chicken, veggies	19 MOO Pizza	20 Hamburgers	21 Okonomiyaki & fried rice
22 Roast Chicken & Veg	23 Corned beef & veggies	24 Pasta Bake, salad	25 French Shepherd's pie, steamed veg	26 MOO Pizza	27 Tacos	28 Toasties
29 Roast Beef & Veg	30 Quick Rice Patties, veg	31 Lasagne & salad				