

Cath's Meal Planner March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Mexican meatballs, rice	2 Meatloaf with BBQ sauce & salads	3 MOO Pizza	4 Sweet & sour chicken & fried rice	5 Vegeb主rgers & salad
6 Roast Beef	7 Corn fritters & salads	8 BBQ sausages, salad	9 Pan-fried sandwiches & salad	10 MOO Pizza	11 Haystacks	12 BBQ & salads
13 Roast Chicken	14 Cream cheese patties & salad	15 Sweet & sour chicken & noodles	16 Fish & chips, salad	17 MOO Pizza	18 Bread fritters & veg, gravy	19 Muffin Surprise
20 Roast Lamb	21 Salmon quiche & salad	22 Lamb fritters with sweet chilli sauce & salads	23 Nachos	24 MOO Pizza	25 BBQ steak, salad	26 Toasted sandwiches
27 Roast Chicken	28 BBQ hamburgers	29 Chicken enchiladas	30 Beef & Lime Terriyaki, Singapore noodles	31 MOO Pizza	Notes:	