

# Cath's Meal Plan March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast Chicken	2 Schnitzels, tomato gravy	3 Ravioli	4 Chicken Pot Pie	5 MOO Pizza	6 Fish cakes, potato gems, salad	7 Haystacks
8 Roast Beef	9 Rissoles, veggies, mash, gravy	10 Vego Pasta Bake	11 Honey Mustard Chicken	12 MOO Pizza	13 Muffin Surprise	14 Beef & Veg Soup, crumpets
15 Roast Chicken	16 Stir-fry with left-over chicken & rice	17 Lasagne	18 Mock Fish, Chips, Salad	19 MOO Pizza	20 BBQ Meatloaf, mash, gravy	21 Hamburgers
22 Roast Lamb	23 Schnitzels, coleslaw	24 Spaghetti Alfredo	25 Quick Rice Patties, salad	26 MOO Pizza	27 Apricot Chicken, mash, veggies	28 Chicken enchiladas
29 Roast Chicken	30 Fish cakes, potato gems, salad	31 Spinach Ricotta Lasagne				