

## CATH'S MEAL PLAN APRIL 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Cream Cheese Patties	2 Muffin Surprise
3 Roast Lamb	4 Schnitzel, tomato gravy, veggies	5 Bolognese Pasta Bake	6 BBQ Meatloaf, mash, veggies	7 MOO Pizza	8 Sweet'n'Sour Chicken, rice	9 Haystacks
10 Roast Chicken	11 Meatballs, mash, cream sauce	12 Lasagne	13 Enchiladas	14 MOO Pizza	15 Fish, Wedges, Coleslaw	16 Steak Sandwiches
17 Roast Beef	18 Baked Chicken Wings & Veg	19 Spaghetti Alfredo	20 Meat pie & veggies	21 MOO Pizza	22 French Shepherd's Pie	23 Tacos
24 Roast Chicken	25 Quiche & salad	26 Spag Bol	27 Easy Chicken & Parmesan Risotto	28 MOO Pizza	29 BBQ Sausages & veggies	30 Soup & crumpets