

~ Cath's Meal Planner April 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 MOO chicken parmas, MOO wedges, salad	2 MOO Pizza	3 Smoked fish in white sauce	4 Vegetable soup, toasted crumpets
5 Roast lamb, baked vegetables, broccoli, cauliflower, carrots, beans, gravy, mint sauce	6 Rissoles, pumpkin mash, beans, corn, broccoli, onion gravy	7 Spag bol, garden salad, garlic bread	8 Crumbed fish, wedges, coleslaw	9 MOO Pizza	10 Vegetable curry	11 Savoury mince over bread rolls
12 Roast chicken, baked vegetables, cauliflower, peas, carrots, gravy	13 Hamburgers	14 Vegetable pasta bake, salad	15 Chicken pie, mashed potato, cauliflower, pumpkin, beans	16 MOO Pizza	17 Soup and crumpets	18 Tacos
19 Roast beef, baked potatoes, pumpkin, cauliflower, beans, corn, gravy	20 Schnitzels, scalloped potato, pumpkin, beans, corn, tomato gravy	21 MOO Mac'n'Cheese, garden salad	22 Steak and veg burritos with coriander rice	23 MOO Pizza	24 Fish cakes, wedges, salad	25 Haystacks
26 Roast chicken, baked potatoes, pumpkin, carrots, beans, corn, gravy	27 Vegetable moussaka, green salad	28 Lasagne, wedges, salad	29 Honey soy chicken stir fry over rice	30 MOO Pizza	Notes:	