

CATH'S MEAL PLAN MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast Lamb	2 Chicken Curry & Rice	3 Italian Sausage Pasta Bake	4 Rissoles & Salad	5 MOO Pizza	6 Schnitzel, tomato gravy, veggies	7 Haystacks
8 Roast Chicken	9 Tuna Surprise	10 Creamy Chicken Sun-dried Tomato Pasta	11 Meatballs, noodles, cream sauce	12 MOO Pizza	13 Fish, Wedges, Coleslaw	14 Hamburgers
15 Roast Beef	16 BBQ Meatloaf, mash, veggies	17 Pumpkin Lasagne	18 Baked Chicken Wings & Veg	19 MOO Pizza	20 Vegetable Moussaka	21 Tacos
22 Roast Chicken	23 Fish Cakes, chips & salad	24 Spaghetti & Meatballs	25 Curried Sausages & Rice	26 MOO Pizza	27 Steak Sandwiches	28 Soup & Crumpets
29 Roast Lamb	30 French Shepherd's Pie	31 Baked Macaroni Cheese				