

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sticky Chicken Drumsticks, fried rice	2 Sour Cream Pasta Bake, salad	3 Mushroom Stroganoff, rice	4 MOO Pizza	5 Cheesy mushroom crepes, salad	6 Nachos
7 Roast Chicken & Veg	8 Sweet'n'Sour Meatballs, rice	9 Poor Man's Lasagne, garlic bread, salad	10 Quick Beef Stroganoff, noodles	11 MOO Pizza	12 Soup & crumpets	13 Hamburgers
14 Roast Lamb & Veg	15 Rissoles, mash, veggies, onion gravy	16 Pumpkin Ravioli, salad	17 French Shepherd's Pie, veggies	18 MOO Pizza	19 Swiss Chicken, potato bake, veggies	20 Freezer Meals
21 Roast Chicken & Veg	22 Fish, wedges, coleslaw	23 Lasagne, garlic bread, salad	24 Chicken Fried Rice, spring rolls	25 MOO Pizza	26 Tacos	27 BBQ Chicken Quesadillas
28 Roast Beef & Veg	29 Schnitzels, salad	30 Pasta Bake, salad	31 MOO KFC, coleslaw			