

Cath's Meal Planner May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fish, wedges, coleslaw	2 Refrigerator Lasagne	3 Chicken enchiladas	4 MOO Pizza	5 Stir-fry	6 Boston Baked Beans
7 Roast Beef	8 Gluten Schnitzels, veggies, gravy	9 Spag bol	10 Curried Beef Casserole	11 MOO Pizza	12 Tacos	13 Tomato Vegetable Soup, toasted crumpets
14 Roast Chicken	15 Sausage Casserole, veggies or salad	16 Spaghetti pie, tossed green salad	17 Chilli Con Carne, corn bread	18 MOO Pizza	19 Hamburgers	20 Fried Rice, Spring Rolls
21 Roast Lamb	22 Mock Lamb, veggies	23 Mushroom Pasta Bake	24 Butter chicken, steamed rice, pappadums	25 MOO Pizza	26 Haystacks	27 Muffin Surprise
28 Roast Chicken	29 Homemade pies, veggies	30 Chicken Alfredo	31 Aunty Mary's Beef Casserole	Notes:		