

CATH'S MEAL PLAN JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chicken Curry & Rice	2 MOO Pizza	3 Cream Cheese Patties	4 Haystacks
5 Roast Chicken	6 Curried Sausages & Rice	7 Ricotta Gnocchi	8 Tuna Surprise	9 MOO Pizza	10 Soup & Crumpets	11 Sausage Rolls & salad
12 Roast Beef	13 Meat Pie, mash, veggies	14 Lasagne	15 Baked Chicken Wings & Veg	16 MOO Pizza	17 Fish, Wedges, Coleslaw	18 Loaded Nachos
19 Roast Chicken	20 Quiche & salad	21 Sour Cream Pasta Bake	22 Sausages in onion gravy, mash, veggies	23 MOO Pizza	24 Meat pie & veggies	25 Tacos
26 Roast Lamb	27 Rissoles & gravy	28 Chicken Broccoli Pasta Bake	29 Fish Cakes, chips & salad	30 MOO Pizza		