

## Cath's Meal Plan June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Herbed Rissoles, veggies	2 Loaded Veg Pasta Bake	3 Sausages, mash, veg, onion gravy	4 MOO Pizza	5 Schnitzels, veggies, tomato gravy	6 Tomato soup & grilled cheese toast
7 Roast Lamb	8 Shepherd's Pie, veggies	9 Spag Bol	10 Chicken Kiev, Garlic Rice, steamed veggies	11 MOO Pizza	12 Cream Cheese Patties & salad	13 Enchiladas
14 Roast Chicken	15 Mexican Meatballs & Spanish Rice	16 Lasagne	17 Cheeseburgers & chips	18 MOO Pizza	19 Kransky & Potato Bake	20 Haystacks
21 Roast Beef	22 Honey Mustard Chicken, veggies	23 Spaghetti Pie & salad	24 Kai Si Min	25 MOO Pizza	26 Chilli & cornbread	27 Muffin Surprise
28 Roast Chicken	29 Rissoles, mash, veg	30 Creamy Chicken & Broccoli Pasta Bake				