

Cath's Meal Plan June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Butter Chicken, Rice, Naan	2 Butter Chicken, Rice, Naan	3 Mock Chicken Schnitzels	4 MOO Pizza	5 Sausages, onion gravy, mash	6 Soup & Crumpets
7 Roast Chicken	8 Rissoles, mash, veggies, gravy	9 Spaghetti Alfredo	10 Wellington Loaf, roast veggies	11 MOO Pizza	12 Mock Fish, Chips, Salad	13 Freezer Meals
14 Roast Lamb	15 Apricot Chicken, rice	16 Gnocchi in Tomato Sauce	17 Stir-fry noodles, chicken & veggies	18 MOO Pizza	19 Corned Beef Hash	20 Pies
21 Roast Chicken	22 Swedish Meatballs, mash, white sauce	23 Chicken & Mushroom Carbonara	24 Meatloaf, vegetables, mushroom gravy	25 MOO Pizza	26 Meat pie, mash, peas, gravy	27 Enchiladas
28 Roast Beef	29 Mock Chicken Schnitzels	30 Spag Bol				

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