

## CATH'S MEAL PLAN JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Meatballs, noodles, cream sauce	2 Hamburgers
3 Roast Chicken	4 Schnitzels, tomato gravy, mash, veggies	5 Spag Bol	6 Fish Cakes & Salad	7 MOO Pizza	8 Fried Rice, Spring Rolls	9 Soup & Crumpets
10 Roast Beef	11 Chicken Curry & Rice	12 Italian Sausage Pasta Bake	13 Baked Chicken Wings & Veg	14 MOO Pizza	15 Vegetable Moussaka	16 Haystacks
17 Roast Chicken	18 Tuna Surprise	19 Spaghetti & Meatballs	20 Curried Sausages & Rice	21 MOO Pizza	22 Fish, Wedges, Coleslaw	23 Steak Sandwiches
24 Roast Lamb	25 Baked Chicken Wings & Veg	26 Pumpkin Lasagne	27 Rissoles & Salad	28 MOO Pizza	29 Soup & Crumpets	30 Loaded Nachos
31 Roast Chicken						