

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Hawaiian Haystacks
2 Roast Chicken & Veg	3 Rissoles, mash, gravy	4 Lasagne, salad	5 Singapore Noodles	6 MOO Pizza	7 Soup & crumpets	8 Muffin Surprise
9 Roast Lamb & Veg	10 Grilled chicken & vegetables	11 Spag bol, salad, garlic bread	12 Kransky, potato bake	13 MOO Pizza	14 Beef & Bean Burritos	15 Freezer Meals
16 Roast Chicken & Veg	17 Swedish Meatballs, Cream Sauce, noodles	18 Pasta Bake, salad	19 Chicken pie, veggies	20 MOO Pizza	21 Fish cakes, salad	22 Hamburgers
23 Roast Beef & Veg	24 Honey Soy Drumsticks, fried rice	25 Baked Macaroni Cheese, salad	26 Curried Sausages, rice	27 MOO Pizza	28 Baked BBQ Chicken sandwiches	29 Haystacks
30 Roast Chicken & Veg	31 BBQ Meatloaf, veggies					