

# Cath's Meal Plan July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Curried Sausages, rice	<b>2</b> Ricotta Gnocchi, salad	<b>3</b> Lamb curry, rice, garlic naan	<b>4</b> MOO Pizza	<b>5</b> Soup & crumpets	<b>6</b> Hot roast beef sandwiches in gravy
<b>7</b> Roast Lamb	<b>8</b> Sweet Lamb Curry, Rice	<b>9</b> Pumpkin Ravioli	<b>10</b> Tuna Surprise	<b>11</b> MOO Pizza	<b>12</b> Tacos	<b>13</b> Soup & toast
<b>14</b> Roast Chicken	<b>15</b> Stuffed Potatoes	<b>16</b> Spag bol, salad	<b>17</b> Sausage casserole	<b>18</b> MOO Pizza	<b>19</b> Mexican Meatballs, rice	<b>20</b> Fish, wedges, coleslaw
<b>21</b> Roast Beef	<b>22</b> Vegetable moussaka, salad	<b>23</b> Saturday Night Pasta Bake, salad	<b>24</b> Creamy chicken casserole	<b>25</b> MOO Pizza	<b>26</b> Chicken burgers, salad	<b>27</b> Haystacks
<b>28</b> Roast Chicken	<b>29</b> Meatloaf, mash, veg, gravy	<b>30</b> Spinach Ricotta Ravioli, salad	<b>31</b> Roast beef slices in gravy, baked veg			