

~ Cath's Meal Planner July 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Grilled sausages, mashed potato, corn, broccoli, carrots, onion gravy	2 MOO Pizza	3 Schnitzel, potato bake, cauliflower, carrots, beans	4 Tacos
5 Roast chicken, baked veggies, gravy	6 Rissoles, sweet potato mash, steamed greens, gravy	7 Spaghetti bolognese, salad, garlic bread	8 Vegetable moussaka, tossed green salad	9 MOO Pizza	10 Pumpkin soup, toasted crumpets	11 Haystacks
12 Roast beef, baked veggies, gravy	13 Sloppy Joes	14 Curried chicken, steamed rice	15 Refrigerator Lasagne, salad	16 MOO Pizza	17 Crumbed fish, coleslaw, wedges	18 Muffin Surprise
19 Roast chicken, baked veggies, gravy	20 Vegetarian Chilli, cornbread	21 Meatloaf, steamed potato, greens	22 Fish cakes, salad	23 MOO Pizza	24 Pasta bake, salad, garlic bread	25 Hamburgers
26 Roast lamb, baked veggies, gravy	27 Hannah's choice (birthday dinner)	28 Spinach & ricotta cannelloni in tomato sauce, salad	29 Stuffed drumsticks, baked potato, pumpkin, broccoli, corn	30 MOO Pizza	31 Sausage casserole, sweet potato mash, greens	Notes: