Cath's Meal Plan July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Deluxe macaroni cheese, tossed salad	**2** Cheese pancakes & salad
3 Roast Chicken	**4** Tuna Surprise	**5** Chops and veggies	**6** Mexican meatballs, steamed rice	**7** Moo Pizza	**8** Honey mustard chicken, steamed rice	**9** Soup and toast
10 Roast Lamb	**11** Chicken & rice casserole	**12** Pasta bake, salad, garlic bread	**13** Chilli and corn bread	**14** Moo Pizza	**15** Butter chicken and rice	**16** Tacos
17 Roast Chicken	**18** Peanut rice patties, salad	**19** Quiche & salad	**20** Spaghetti & meatballs	**21** Moo Pizza	**22** MOO meat pie, veggies	**23** Tuna Melts
24 Roast Beef	**25** Curried chicken and noodles	**26** Mock fish fingers*, wedges, salad	**27** Aunty Mary's Beef Casserole, mash	**28** Moo Pizza	**29** Chicken pancakes, wedges, salad	**30** Hamburgers
31 Roast Chicken	**Notes:**					

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