

Cath's Meal Planner July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast Chicken	2 Curried tuna rice slice, tossed salad	3 Veggie pasta bake, salad, garlic bread	4 Wellington loaf, baked veg, gravy	5 Moo Pizza	6 Fried rice, satay vegetables	7 Fried rice, rice paper rolls, dipping sauces
8 Roast Beef	9 Mock chicken roast, baked veg	10 Refrigerator lasagne, salad, garlic bread	11 Stuffed chicken legs, baked veg	12 Moo Pizza	13 Fish & Chips, coleslaw	14 Hamburgers
15 Roast Chicken	16 Fish cakes, potato gems, salad	17 Macaroni cheese bake, tossed salad	18 Company roast, steamed veg	19 Moo Pizza	20 Creamy chicken rice	21 Toasted sandwiches & soup
22 Roast Lamb	23 Spicy baked chicken pieces, potato bake	24 Spaghetti Bolognese	25 Crockpot silverside, cabbage	26 Moo Pizza	27 Mexican Meatballs	28 Hamburgers, wedges
29 Roast Chicken	30 Lamb hot pot, mashed potato	31 Lasagne, salad				