

Cath's Meal Plan July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Curried Sausages, rice, naan	2 MOO Pizza	3 Fish, wedges, coleslaw	4 Soup & Crumpets
5 Roast Chicken	6 Curried Tuna Slice, tossed salad	7 Creamy Chicken Pasta Bake	8 Aunty Mary's Beef Casserole & mash	9 MOO Pizza	10 Pot Roast with potato, carrot, onion, parsnip	11 Hamburgers
12 Roast Lamb	13 Mexican Lasagne, Salad	14 Vego Pasta Bake	15 Honey Mustard Chicken	16 MOO Pizza	17 Lamb Souvlakis	18 Pies
19 Roast Chicken	20 Quick Rice Patties, salad	21 Cannelloni	22 Corned Beef & cabbage	23 MOO Pizza	24 Steak, veg, potato bake	25 Muffin Surprise
26 Roast Beef	27 Party Food - Birthday Dinner	28 Spag Bol	29 Chicken Casserole, rice	30 MOO Pizza	31 Butter Chicken, Rice, Naan	

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