

Cath's Meal Plan July 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|--|---|--|-------------------------|--|---------------------------------------|
| | | | | MOO Pizza ¹ | Stuffed Potatoes ² | Meatball Subs ³ |
| Roast Chicken ⁴ | Cheesy Filled & Grilled Quesadillas ⁵ | Spag bol ⁶ | Corned beef, mash, carrots, mustard sauce ⁷ | MOO Pizza ⁸ | Vegetable Soup, toasted muffins ⁹ | Fried Rice/Spring Rolls ¹⁰ |
| Roast Beef ¹¹ | Apricot Chicken ¹² | Lasagne ¹³ | Tacos ¹⁴ | MOO Pizza ¹⁵ | Fish, potato gems, coleslaw ¹⁶ | Soup & Toast ¹⁷ |
| Roast Chicken ¹⁸ | Steak, eggs, baked beans ¹⁹ | Chicken & Mushroom pasta bake ²⁰ | Pumpkin soup ²¹ | MOO Pizza ²² | Veggie Pastie, salad ²³ | Muffin Surprise ²⁴ |
| Roast Lamb ²⁵ | Fish cakes, wedges, salad ²⁶ | Spag Bol ²⁷ | Lamb & veggie soup ²⁸ | MOO Pizza ²⁹ | Curried Tuna Slice ³⁰ | Haystacks ³¹ |
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