

CATH'S MEAL PLAN AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fish Cakes & Salad	2 Spaghetti Pie	3 Chicken Curry & Rice	4 MOO Pizza	5 Cream Cheese Patties	6 Tacos
7 Roast Beef	8 Quiche & salad	9 Baked Macaroni Cheese	10 BBQ Meatloaf, mash, veggies	11 MOO Pizza	12 Italian Vegetarian Meatballs, rice	13 Hamburgers
14 Roast Chicken	15 Meat pie & veggies	16 Lasagne	17 Schnitzel, tomato gravy, veggies	18 MOO Pizza	19 Chicken enchiladas, spanish rice	20 Haystacks
21 Roast Lamb	22 Sweet Lamb Curry & rice	23 Spaghetti Alfredo	24 Baked Chicken Wings & Veg	25 MOO Pizza	26 Fish, Wedges, Coleslaw	27 Soup & Crumpets
28 Roast Chicken	29 Rissoles & Salad	30 Grilled Chicken Pesto Pasta	31 Chicken pie, veggies			