

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chicken Pesto Pasta, green salad	2 Cream Cheese Patties, vegetables	3 MOO Pizza	4 Soup & crumpets	5 Hot beef & gravy sandwiches
6 Roast Lamb & Veg	7 Sweet n Sour Chicken, rice	8 Gnocchi in Burnt Butter Sauce, green salad	9 Corned beef, mash, veggies	10 MOO Pizza	11 Fish, gems, coleslaw	12 Freezer Meals
13 Roast Chicken & Veg	14 Meatloaf, veggies, gravy	15 Pasta Bake	16 Chicken pie, veggies	17 MOO Pizza	18 Tuna Casserole, salad	19 Muffin Surprise
20 Roast Beef & Veg	21 Sausages, onion gravy, mash	22 Spag bol, salad, garlic bread	23 Honey Mustard Roast Beef Toasted Sandwiches	24 MOO Pizza	25 Italian Vegetarian meatballs, pasta	26 Stuffed Potatoes
27 Roast Chicken & Veg	28 Corned Beef Hash	29 Sour Cream Pasta Bake	30 Vegetable Moussaka	31 MOO Pizza		