

# Cath's Meal Plan August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 MOO Pizza	2 Rissoles, gravy, mash, veg	3 Soup & Crumpets
4 Roast Chicken	5 Baked Chicken Enchiladas	6 Fettucine Alfredo, salad	7 Fettucine Alfredo, salad	8 MOO Pizza	9 Haystacks	10 Muffin Surprise
11 Roast Lamb	12 Curried sausages, rice	13 Spag Bol, salad, garlic bread	14 Butter chicken, rice, naan	15 MOO Pizza	16 Stuffed Potatoes	17 Tacos
18 Roast Chicken	19 Cream cheese patties, salad	20 Lasagne & salad	21 Vegetable Moussaka	22 MOO Pizza	23 Fish, wedges, salad	24 Hamburgers
25 Roast Beef	26 Chicken schnitzel, potato bake, greens	27 Gnocchi & garlic bread	28 Meat pie, mash, veg, gravy	29 MOO Pizza	30 Soup & crumpets	31 Cheesy Filled & Grilled Quesadillas

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