

Cath's Meal Plan August 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--------------------------------------|----------------------------|---|--------------|--|--------------------------------------|
| | | | | | | 1 Cheesy Filled & Grilled Quesadilla |
| 2 Roast Chicken | 3 French Steak, potato bake, veggies | 4 Refrigerator Lasagne | 5 Pot Roast with potato, carrot, onion, parsnip | 6 MOO Pizza | 7 Meat pie, mash, veg, gravy | 8 Freezer Meals |
| 9 Roast Lamb | 10 Schnitzels, veg, tomato gravy | 11 Ravioli in Tomato Sauce | 12 Lamb kebabs | 13 MOO Pizza | 14 Swedish Meatballs, noodles, white sauce | 15 Soup & Crumpets |
| 16 Roast Chicken | 17 Carrot Nut Loaf, veggies | 18 Cannelloni | 19 Chicken pies, vegetables | 20 MOO Pizza | 21 Curried Tuna Slice, tossed salad | 22 Haystacks |
| 23 Roast Beef | 24 Chicken in plum sauce, fried rice | 25 Vego Pasta Bake | 26 Fish, wedges, coleslaw | 27 MOO Pizza | 28 Meat pie, chips, salad, gravy | 29 Enchiladas |
| 30 Roast Chicken | 31 Corned Beef, & cabbage | | | | | |

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