

CATH'S MEAL PLAN SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 MOO Pizza	2 Steak Sandwiches	3 Muffin Surprise
4 Roast Beef	5 Chicken Curry & Rice	6 Spag Bol	7 Meatloaf, veggies	8 MOO Pizza	9 Tuna Surprise	10 Tacos
11 Roast Chicken	12 Curried Sausages & Rice	13 Pumpkin Lasagne	14 Fish Cakes & Salad	15 MOO Pizza	16 Cream Cheese Patties	17 Sausage Rolls
18 Roast Lamb	19 Quiche & salad	20 Easy Saucy Spinach Feta Penne	21 Chicken Curry & Rice	22 MOO Pizza	23 Soup & Crumpets	24 Hamburgers
25 Roast Chicken	26 Fried rice, spring rolls	27 Spaghetti & Meatballs	28 Sausage casserole, rice	29 MOO Pizza	30 Quick Rice Patties, veggies	