

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Mock Fish, Chips, Salad	2 Tacos
3 Roast Lamb & Veg	4 Quick Rice Patties, salad	5 Refrigerator Lasagne	6 Mexican Lasagne, Salad	7 MOO Pizza	8 Swedish Meatballs, noodles, cream sauce	9 Freezer Meals
10 Roast Chicken & Veg	11 Tomato & onion quiche, salad	12 Spaghetti Pie	13 Kransky & Hot Potato Salad	14 MOO Pizza	15 Fish cakes, potato gems, salad	16 Burritos
17 Roast Beef & Veg	18 Apricot Chicken, mash, veggies	19 Ricotta Gnocchi	20 Tuna Surprise, Salad	21 MOO Pizza	22 Zucchini Slice, salad, wedges	23 Haystacks
24 Roast Chicken & Veg	25 Steak, veg, potato bake	26 Cannelloni	27 Meat pie, mash, peas, gravy	28 MOO Pizza	29 Tuna Surprise, salad	30 Muffin Surprise