

Cath's Meal Plan September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast Lamb	2 Mexican Meatballs, rice	3 Mac'n'Cheese, salad	4 Schnitzel, potato bake, veg, gravy	5 MOO Pizza	6 Chicken fried rice, spring rolls	7 Tacos
8 Roast Chicken	9 Corned beef pie, mash, veg	10 Spag bol, salad	11 Haystacks	12 MOO Pizza	13 French Steak, veg	14 Hamburgers
15 Roast Beef	16 Rissoles, mash, onion gravy, veg	17 Lasagne, salad	18 Butter Chicken, rice	19 MOO Pizza	20 Hamburgers & chips	21 Sausage rolls, salad
22 Roast Chicken	23 Meatloaf, mash, veg, gravy	24 Spinach Ricotta Ravioli, salad	25 Porcupines, mash, veg	26 MOO Pizza	27 Quiche, salad	28 Haystacks
29 Roast Lamb	30 Tuna Surprise					