

Cath's Meal Planner September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Tacos	2 Pumpkin soup
3 Roast Chicken	4 Garbanzo bean casserole, mashed potato	5 Spag bol	6 Chilli Con Carne, corn bread	7 MOO Pizza	8 Hamburgers	9 Toasted sandwiches, tomato soup
10 Roast Lamb	11 Sausages, vegetables and onion gravy	12 Refrigerator Lasagne	13 Butter chicken, steamed rice, pappadums	14 MOO Pizza	15 Haystacks	16 Stuffed potatoes with cheese, coleslaw, pineapple, sour cream
17 Roast Chicken	18 Schnitzels, potato bake, veggies	19 Spaghetti & meatballs	20 Shepherds Pie, steamed greens	21 MOO Pizza	22 Stir-fry	23 Kebabs with salad, tabouli, hommos
24 Roast Beef	25 Herbed meatballs in tomato sauce	26 Mushroom & Parmesan Risotto	27 Chicken & mushroom pie, steamed vegetables	28 MOO Pizza	29 Tacos	30 Tomato Vegetable Soup, toasted crumpets