

Cath's Meal Plan September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast Chicken	2 Steak, salad	3 Grilled Chicken Pesto Pasta	4 Fish, wedges, coleslaw	5 MOO Pizza	6 Sausages, salad, bread	7 Baked beans on toast
8 Roast Lamb	9 Quiche, salad, french bread	10 Spag Bol, salad, garlic bread	11 Satay chicken, rice, naan	12 MOO Pizza	13 Steak, chips, salad	14 Muffin Surprise
15 Roast Chicken	16 Fish, wedges, salad	17 Spinach Ricotta Lasagne, salad	18 Lancashire hot pot, mash	19 MOO Pizza	20 Soup & Crumpets	21 Hot Dogs
22 Roast Beef	23 Rissoles, mash, gravy, greens	24 Veggie Pasta Bake, salad	25 Fish, wedges, coleslaw	26 MOO Pizza	27 Haystacks	28 Hamburgers
29 Roast Chicken	30 Tuna Surprise					