

Cath's Meal Plan September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Apricot Chicken	2 MOO Pizza	3 Chicken soup	4 Hamburgers
5 Roast Beef	6 Grilled marinated chicken pieces, salad	7 Tortellini in Tomato Sauce	8 Roast Beef & gravy sandwiches	9 MOO Pizza	10 Fish, potato gems, coleslaw	11 Sausage Rolls
12 Roast Chicken	13 BBQ Chops, wedges, salad	14 Pasta Alfredo, salad	15 Chicken Pot Pie, veggies	16 MOO Pizza	17 Corn fritters, salad	18 Toasted Sandwiches
19 Roast Lamb	20 Fish cakes, wedges, salad	21 Spag Bol	22 Sweet Lamb Curry	23 MOO Pizza	24 Vegetable Moussaka	25 Baked Chicken Enchiladas
26 Roast Chicken	27 Swedish Meatballs, noodles, white sauce	28 Pasta Bake	29 Chicken Stir-fry, noodles	30 MOO Pizza		

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