

Cath's Meal Plan January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Chicken Curry & Rice	2 Moo Pizza	3 Quick Rice Patties, salad	4 Tacos
5 Roast Beef	6 BBQ Chicken Wings & salad	7 Alfredo Roll-ups	8 Marinated kebabs, rice, salad	9 Moo Pizza	10 Fish, wedges, coleslaw	11 Burgers
12 Roast Chicken	13 Quiche & salad	14 Lasagne	15 Schnitzels, Hot Potato Salad, green salad	16 Moo Pizza	17 Cream Cheese Patties, salad	18 Toasties
19 Roast Lamb	20 Sausages & salad	21 Spag bol	22 Sweet Lamb Curry	23 Moo Pizza	24 Fish, wedges, coleslaw	25 Souvlaki Burgers
26 Roast Chicken	27 Rissoles & Salad	28 Pumpkin Ravioli	29 Beef & Bean Burritos	30 Moo Pizza	31 Corn fritters, salad	