

CATH'S MEAL PLAN OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Haystacks
2 Roast Beef	3 Baked Chicken Wings & Veg	4 Ricotta Gnocchi	5 Rissoles & Veg	6 MOO Pizza	7 Fish, Wedges, Coleslaw	8 Steak Sandwiches
9 Roast Chicken	10 BBQ Meatloaf, mash, veggies	11 Spaghetti Pie	12 Meat pie & veggies	13 MOO Pizza	14 Soup & toasties	15 Tacos
16 Roast Lamb	17 Quiche & salad	18 Spag Bol	19 Chicken Curry & Rice	20 MOO Pizza	21 Fish Cakes, chips & salad	22 Sausage Rolls
23 Roast Chicken	24 Cream Cheese Patties	25 Lasagne	26 Baked Chicken Wings & Veg	27 MOO Pizza	28 Hamburgers	29 Sausages, onion gravy, veggies
30	31 Fish Cakes					