

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast Lamb & Veg	2 Chicken & vegetable risotto	3 Pumpkin Ravioli	4 Lamb Souvlakis	5 MOO Pizza	6 Mock fish fingers, chips & salad	7 Freezer Meals
8 Roast Chicken & Veg	9 BBQ, salads	10 Creamy Chicken Pasta Bake	11 Curried Sausages, rice	12 MOO Pizza	13 Butter Chicken, Rice, Naan	14 Sausage Rolls, salad
15 Roast Beef & Veg	16 Honey Soy Chicken, fried rice	17 Spaghetti & Meatballs	18 Roast beef & gravy sandwiches, chips	19 MOO Pizza	20 BBQ, salad	21 BBQ Chicken Quesadillas
22 Roast Chicken & Veg	23 Kransky, hot potato salad	24 Pasta Bake, salad	25 Chicken Cacciatore, rice	26 MOO Pizza	27 Fish, wedges, coleslaw	28 Honey Mustard Roast Beef Toasted Sandwiches
29 Roast Lamb & Veg	30 Apricot Chicken, rice, veggies	31 Spag bol & garlic bread				