

# Cath's Meal Plan October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Pumpkin Ravioli, garlic bread	<b>2</b> Schnitzels, potato bake, veg	<b>3</b> MOO Pizza	<b>4</b> Muffin Surprise	<b>5</b> Mac'n'Cheese
<b>6</b> Roast Chicken	<b>7</b> Fish cakes, wedges, coleslaw	<b>8</b> Spag bol, salad	<b>9</b> Chicken crepes, mushroom gravy, salad	<b>10</b> MOO Pizza	<b>11</b> Enchiladas	<b>12</b> Sausage sandwiches
<b>13</b> Roast Beef	<b>14</b> Apricot Chicken, mash, veg	<b>15</b> Alfredo, garlic bread	<b>16</b> Stuffed Potatoes	<b>17</b> MOO Pizza	<b>18</b> Haystacks	<b>19</b> Toasties
<b>20</b> Roast Chicken	<b>21</b> Mexican Meatballs, rice	<b>22</b> Ricotta Gnocchi, salad	<b>23</b> Schnitzels, tomato gravy	<b>24</b> MOO Pizza	<b>25</b> Fish, wedges, coleslaw	<b>26</b> Fajitas
<b>27</b> Roast Lamb	<b>28</b> Meat pie, veg	<b>29</b> Vegetable Lasagne, salad	<b>30</b> Rissoles, mash, veg	<b>31</b> MOO Pizza		