

~ Cath's Meal Planner October 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 MOO Pizza	2 Kransky, hot potato salad	3 Corned beef pie and wedges
4 Roast Lamb	5 Wellington Loaf, mash, veggies	6 Stuffed drumsticks, baked veggies	7 Mini meatloaves and salad	8 MOO Pizza	9 Fish'n'Chips, coleslaw	10 Sausage rolls and salad
11 Roast Chicken	12 Scotch Eggs, potato salad, green salad	13 Lasagne and salad	14 Parmas, wedges, salad	15 MOO Pizza	16 Satay Beef & rice	17 Hamburgers
18 Roast Beef	19 Stuffed peppers	20 Salmon & potato rissoles, tossed salad	21 Yorkshire meat pancakes, salad	22 MOO Pizza	23 Tomato & onion quiche, salads	24 Baked bean tacos
25 Roast Chicken	26 BBQ kransky, hot potato salad, coleslaw	27 Sweet-n-sour chicken, fried rice	28 Slow cooker pot roast, mashed potato, peas, corn, gravy	29 MOO Pizza	30 Rissoles, mashed potato, steamed carrots & beans	31 Toasted Sandwiches

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