

Cath's Meal Planner October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tuna mornay, tossed salad	2 Macaroni cheese bake, tossed salad	3 Sweet chilli chicken tenders, fried rice	4 Moo Pizza	5 Zucchini Slice, salad	6 Hamburgers
7 Roast Chicken	8 Curried sausages over steamed rice	9 *Saturday Night Sour Cream Pasta Bake	10 Fish Alaska	11 Moo Pizza	12 Sweet & sour chicken, fried rice	13 Stuffed Potatoes
14 Roast Lamb	15 Chicken & Vegetable Pie	16 Spaghetti Bolognese, tossed salad	17 Sweet lamb curry & steamed rice	18 Moo Pizza	19 Schnitzels, tomato gravy	20 Haystacks
21 Roast Chicken	22 Mushroom & Parmesan Risotto	23 *Easy Spaghetti Caprese	24 Curried Sausages, steamed rice	25 Moo Pizza	26 Tuna Surprise	27 Enchiladas
28 Roast Beef	29 Thai fish cakes, oven chips, salad	31 Vegetable Lasagne	31 Wellington Loaf, baked vegetables			