

Cath's Meal Plan October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fettucine Alfredo, salad	2 Sweet'n'sour chicken, fried rice	3 MOO Pizza	4 Spring rolls, fried rice	5 Tacos
6 Roast Lamb	7 Vegetable Moussaka	8 Spag Bol, salad, garlic bread	9 Baked Chicken Enchiladas	10 MOO Pizza	11 Fish, wedges, salad	12 Cheesy Filled & Grilled Quesadillas
13 Roast Chicken	14 Quiche, salad, chips	15 Lasagne & salad	16 Haystacks	17 MOO Pizza	18 Sausages, salad, bread	19 Toasted sandwiches
20 Roast Beef	21 Fish, gems, coleslaw	22 Pasta Carbonara, salad	23 Chicken schnitzel, mash, gravy, greens	24 MOO Pizza	25 Stuffed Potatoes	26 Hamburgers
27 Roast Chicken	28 Stuffed Potatoes	29 Gnocchi & garlic bread	30 Rissoles, gravy, mash, greens	31 MOO Pizza		