

Cath's Meal Plan October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 MOO Pizza	2 Aunty Mary's Beef Casserole, mash	3 Freezer Meals
4 Roast Lamb	5 Lamb Souvlakis	6 Refrigerator Lasagne	7 Corned Beef, & cabbage	8 MOO Pizza	9 Apricot Chicken, rice, veggies	10 Sausage Sandwiches
11 Roast Chicken	12 Corned Beef Hash	13 Spag Bol	14 Chicken & mushroom pie	15 MOO Pizza	16 Stuffed Drumsticks, baked veg, gravy	17 Cheesy Filled & Grilled Quesadillas
18 Roast Beef	19 Cream Cheese Patties, salad	20 Ho Pasta Bake ney Mustard Chicken, mash, veg	21 Honey Mustard Chicken, mash, veg	22 MOO Pizza	23 Curried Sausages, rice	24 Muffin Surprise
25 Roast Chicken	26 Curried Tuna Slice, tossed salad	27 Cannelloni	28 Swedish Meatballs, noodles, white sauce	29 MOO Pizza	30 Sour Cream Pasta Bake	31 Stuffed Potatoes

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