

Cath's Meal Plan October 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|--|-----------------------|---------------------------------|-----------------|---|--|
| | | | | | 1 Quiche, chips, salad | 2 Hamburgers |
| 3 Roast Beef | 4 Creamy Chicken casserole | 5 Lasagne | 6 Beef Veggie Pie | 7 MOO Pizza | 8 Fish, potato gems, coleslaw | 9 Tacos |
| 10 Roast Chicken | 11 Corn fritters, salad | 12 Spag Bol | 13 Ribs, wedges, coleslaw | 14 MOO Pizza | 15 Mock Schnitzels, tomato gravy, mash | 16 Cheesy Filled & Grilled Quesadillas |
| 17 Roast Lamb | 18 Savoury Impossible Pie, veggies | 19 Spag Bol | 20 Lamb & Rosemary Pies | 21 MOO Pizza | 22 Quick Rice Patties | 23 Sausage sandwiches |
| 24 Roast Chicken | 25 Corned Beef Hash | 26 Ricotta Gnocchi | 27 Chicken pot pie | 28 MOO Pizza | 29 Haystacks | 30 Soup & toast |
| 31 Roast Beef | | | | | | |

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