

## CATH'S MEAL PLAN NOVEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chicken Broccoli Pasta Bake	2 Tuna Surprise	3 MOO Pizza	4 Steak Sandwiches	5 Toasties
6 Roast Chicken	7 Rissoles & Salad	8 Spaghetti Alfredo	9 Schnitzel, tomato gravy, veggies	10 MOO Pizza	11 BBQ & salad	12 Tacos
13 Roast Lamb	14 BBQ Chicken Wings & salad	15 Spaghetti & Meatballs	16 Chicken & salad	17 MOO Pizza	18 Fish, Wedges, Coleslaw	19 Loaded Nachos
20 Roast Chicken	21 Sausages & salad	22 Baked Macaroni Cheese	23 Enchiladas	24 MOO Pizza	25 Meat pie & veggies	26 Haystacks
27 Roast Beef	28 Chicken Curry & Rice	29 Spag Bol	30 BBQ Meatloaf, salad			