

## ~ Cath's Meal Plan November 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Roast Lamb	<b>2</b> Individual meatloaves, potato casserole, steamed carrots & beans	<b>3</b> Spag bol, garlic bread, salad	<b>4</b>	<b>5</b> MOO Pizza	<b>6</b> Italian Vegetarian Meatballs in tomato sauce, spaghetti	<b>7</b> Muffin Surprise
<b>8</b> Roast Chicken	<b>9</b> Fish with lemon sauce, salad, wedges	<b>10</b> Vegetable Pasta Bake and salad	<b>11</b> BBQ chicken legs, fried rice	<b>12</b> MOO Pizza	<b>13</b> Silverside, mash, cabbage, carrots, white sauce	<b>14</b> Spring rolls, fried rice
<b>15</b> Roast Beef	<b>16</b> Roast beef toasted sandwiches, oven wedges & sour cream	<b>17</b> Cream cheese patties and salad	<b>18</b>	<b>19</b> MOO Pizza	<b>20</b> Wellington loaf, baked veggies	<b>21</b> Eggs on toast
<b>22</b> Roast Chicken	<b>23</b> Thai fish cakes, tossed salad	<b>24</b> Chilli & corn bread	<b>25</b> Grilled lamb chops, steamed potato, carrots, broccoli, corn	<b>26</b> MOO Pizza	<b>27</b> Mushroom risotto, green salad, bread rolls	<b>28</b> Toasted sandwiches
<b>29</b> Roast Lamb	<b>30</b> Bread fritters, gravy, salads	<b>Notes:</b>				

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