

Cath's Meal Plan November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tandoori chicken, salad, naan bread	2 MOO Pizza	3 Hamburgers	4 Muffin Surprise
5 Roast Lamb	6 Fish, wedges, coleslaw	7 Spag bol	8 Kransky, hot potato salad	9 MOO Pizza	10 Haystacks	11 Pan-fried sandwiches & salad
12 Roast Chicken	13 Wellington Loaf, scalloped potato, greens	14 Mushroom & Parmesan Risotto	15 Satay Chicken	16 MOO Pizza	17 Stir-fry	18 Homemade Subs
19 Roast Beef	20 Mystery Patties, vegetables, gravy	21 Bolognese Pasta Bake	22 Cream Cheese Patties, salad	23 MOO Pizza	24 Tacos	25 Corn Fritters & salad
26 Roast Chicken	27 Italian Vegetarian Meatballs, rice	28 Chicken Alfredo	29 Butter chicken, steamed rice, pappadums	30 MOO Pizza	Notes:	