

# Cath's Meal Planner November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Moo Pizza	2 Sweet & Sour Chicken, rice	3 Pumpkin Soup
4 Roast Chicken	5 Bean & Vegetable Hot Pot	6 Lasagne, tossed salad	7 Oven Baked Apricot Chicken, vegetables	8 Moo Pizza	9 Kranksy, hot potato salad	10 Toasted sandwiches, tomato soup
11 Roast Lamb	12 Vegetable Moussaka	13 Refrigerator lasagne, Greek salad	14 Shepherds Pie, steamed greens	15 Moo Pizza	16 Curried Nut Croquets	17 Fried rice, dim sim, spring rolls
18 Roast Chicken	19 Schnitzels, potato & pumpkin bake	20 Spaghetti pie, tossed green salad	21 Company Roast, steamed vegetables, gravy	22 Moo Pizza	23 Sweet Lamb Curry, steamed rice	24 Haystacks
25 Roast Beef	26 Chicken parmigiana, salad	27 *Italian vegetarian meatballs	28 Meatloaf, mushroom gravy	29 Moo Pizza	30 Chicken & vegetable risotto	