

Cath's Meal Plan November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fish, wedges, salad	2 Muffin Surprise
3 Roast lamb, baked veggies	4 BBQ, salad	5 Spag Bol, salad, garlic bread	6 Sweet lamb curry, rice	7 MOO Pizza	8 Leftovers, bread rolls, salad	9 Sausages in bread
10 Roast chicken, baked veggies	11 Baked Chicken Enchiladas	12 Spinach Ricotta Lasagne, salad	13 Fish, wedges, coleslaw	14 MOO Pizza	15 Rissoles, gravy, mash, greens	16 Hot Dogs
17 Roast beef, baked veggies	18 Curried chicken & noodles	19 Veggie Pasta Bake, salad	20 Cottage pie, veggies	21 MOO Pizza	22 Haystacks	23 Hamburgers
24 Roast chicken, baked veggies	25 Chops & salad	26 Baked Macaroni Cheese, salad	27 Sweet'n'sour chicken, rice	28 MOO Pizza	29 Fish, wedges, salad	30 Cheesy Filled & Grilled Quesadillas

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