

# Cath's Meal Plan November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Cream cheese patties	2 Creamy Pumpkin Fettucine	3 Cottage Pie	4 MOO Pizza	5 Fish, potato gems, coleslaw	6 Muffin Surprise
7 Roast Chicken	8 Sausages, salad	9 Spinach Ricotta Canelloni	10 Apricot Chicken, mash, veggies	11 MOO Pizza	12 Spring rolls, fried rice	13 Sausages, salad, bread
14 Roast Lamb	15 Savoury Impossible Pie, veggies	16 Spag Bol	17 Cheat's Tandoori Lamb wraps	18 MOO Pizza	19 Stuffed Potatoes	20 Baked Chicken Enchiladas
21 Roast Chicken	22 Rissoles, mash, veggies	23 Ravioli, tomato sauce	24 Chicken salad wraps	25 MOO Pizza	26 Steak & salad	27 Haystacks
28 Roast Beef	29 Schnitzels, veg, tomato gravy	30 Ricotta Gnocchi				

©The Cheapskates Club

[www.cheapskatesclub.net](http://www.cheapskatesclub.net)

Free printable for personal use only. Do not reprint, reproduce or republish without written permission