

CATH'S MEAL PLAN DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 MOO Pizza	2 BBQ & salad	3 Tacos
4 Roast Chicken	5 BBQ & salad	6 Lasagne & salad	7 Rissoles & Salad	8 MOO Pizza	9 Fish, Wedges, Coleslaw	10 BBQ & salad
11 Roast Lamb	12 Schnitzels, salad	13 Ricotta Gnocchi	14 Quiche & salad	15 MOO Pizza	16 Steak Sandwiches	17 Muffin Surprise
18 Roast Chicken	19 Cream Cheese Patties, salad	20 Grilled Chicken Pesto Pasta	21 Fish Cakes & Salad	22 MOO Pizza	23 Shepherd's Pie, veggies	24 BBQ Chicken Wings & salad
25 Roast Chicken	26 Leftovers	27 Spag Bol & salad	28 Chicken & salad	29 MOO Pizza	30 Tuna Surprise	31 Hamburgers