

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Stir-fried noodles & veggies	2 Freezer Meals
3 Roast Chicken & Veg	4 Cream Cheese Patties, salad	5 Vego Pasta Bake	6 Chicken Pot Pie, veg	7 MOO Pizza	8 Meatball Subs	9 Enchiladas
10 Roast Beef & Veg	11 Smoky Chipotle Drumsticks, salad	12 Spinach Ricotta Cannelloni	13 BBQ, salad	14 MOO Pizza	15 Chicken in plum sauce, fried rice	16 Sausages in bread
17 Roast Chicken & Veg	18 French Steak, salad	19 Pasta Bake	20 BBQ Meatloaf, salad	21 MOO Pizza	22 Quick Rice Patties, salad	23 Stuffed potatoes
24 Roast Lamb & Veg	25 Christmas Dinner	26 Boxing Day Leftovers	27 Cheat's Tandoori Lamb, salad	28 MOO Pizza	29 Fish, chips, salad	30 Freezer Meals
31 Roast Chicken & Veg						