

Cath's Meal Plan December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hamburgers	2 Enchiladas
3 Roast Lamb	4 Curried tuna Slice, salad	5 Spag bol	6 Wellington Loaf, baked vegetables	7 MOO Pizza	8 Haystacks	9 Muffin Surprise
10 Roast Chicken	11 Fish, potato gems & coleslaw	12 Refrigerator Lasagne	13 Sweet chilli chicken tenders, fried rice	14 MOO Pizza	15 Stir-fry	16 Haystacks
17 Roast Beef	18 BBQ sausages, salad	19 Spaghetti pie, tossed green salad	20 Apricot Chicken Legs	21 MOO Pizza	22 Tacos	23 Sausage sandwiches
24 Roast Chicken	25 Christmas Dinner	26 Leftovers	27 Gnocchi in Tomato Sauce	28 MOO Pizza	29 Hamburgers	30 Kebabs with salad, tabouli, hommos
31 Roast Lamb	Notes:					