

Cath's Meal Planner December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Muffin Surprise
2 Roast Chicken	3 French steak, vegetables	4 Vegetable pasta bake, salad	5 Sweet & sour chicken, fried rice	6 Moo Pizza	7 Sweet lamb curry, steamed rice	8 Tacos
9 Roast Lamb	10 Portuguese style chicken, baked veg	11 *Chicken Tetrazzini	12 Lamb fritters, steamed vegetables, gravy	13 Moo Pizza	14 Honey mustard chicken	15 Honey soy chicken wings, fried rice
16 Roast Chicken	17 Vegetable Moussaka	18 Pasta bake, salad	19 Chicken & mushroom pie, steamed vegetables	20 Moo Pizza	21 Mock fish, wedges & salad	22 Stuffed Spuds (cheese, coleslaw, sour cream, spring onion, beetroot)
23 Roast Beef	24 Cold roast beef & salad	25 Refrigerator lasagne	26 Cheesy Meatloaf, vegetables	27 Moo Pizza	28 Cream cheese patties, tossed salad	29 Haystacks
30 Roast Chicken	31 Crumbed fish, coleslaw, potato gems					