

# Cath's Meal Plan December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast Lamb	2 Steak & salad	3 Spag Bol, salad, garlic bread	4 French Shepherd's pie, beans, corn, carrots	5 MOO Pizza	6 BBQ, salad	7 Tacos
9 Roast Chicken	9 Sausages & salad	10 Lemon Chicken Pasta, salad	11 Honey soy chicken stir-fry	12 MOO Pizza	13 Stuffed Potatoes	14 Muffin Surprise
15 Roast Beef	16 Curried chicken & noodles	17 Fettucine Alfredo, salad	18 Haystacks	19 MOO Pizza	20 Meat fritters, salad	21 BBQ & salad
22 Roast Chicken	23 Baked Chicken Enchiladas	24 Gnocchi & garlic bread	25 Christmas Day	26 MOO Pizza OR Christmas Dinner leftovers	27 Leftovers	28 Hamburgers
29 Roast Lamb	30 Fish, wedges, salad	31 Spag Bol, salad, garlic bread				

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