

Cath's Meal Plan December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Beef & Gravy Sandwiches	2 MOO Pizza	3 Fish, potato gems, coleslaw	4 Hamburgers
5 Roast Chicken	6 BBQ, salad	7 Lasagne	8 Slow cooker curried chicken	9 MOO Pizza	10 Meat fritters, salad	11 Toasted Sandwiches
12 Roast Lamb	13 Sausages & salad	14 Spag Bol	15 Sweet Lamb Curry, rice	16 MOO Pizza	17 Quiche & salad	18 Tacos
19 Roast Chicken	20 Rissoles, salad	21 Pasta bake	22 Curried chicken & noodles	23 MOO Pizza	24 BBQ meat, salad	25 Christmas Dinner
26 Christmas Dinner Leftovers	27 Curried chicken & noodles	28 Spinach Ricotta Canelloni	29 Curried Beef, rice	30 MOO Pizza	31 Fish, potato gems, coleslaw	

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