

# January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Tomato Basil, Chicken Rosemary	2 Chicken Rosemary, Country Veg	3 Country Veg, Carrot Ginger	4 Carrot Ginger, Creamy Cauli	5 Creamy Cauli, White Bean & Kale	6 White Bean & Kale, Chipotle Butternut	7 Chipotle Butternut, SW Chili
8 SW Chili, Ratatoullie	9 Ratatoullie, Creamy Cauli	10 Creamy Cauli, Chicken Rosemary	11 Chicken Rosemary, SW Chili	12 SW Chili, Carrot Ginger	13 Carrot Ginger, White Bean & Kale	14 White Bean & Kale, Chipotle Butternut
15 Chipotle Butternut, White Bean Chili	16 White Bean Chili, Tomato Basil	17 Tomato Basil, Country Veg	18 Country Veg, Chicken Rosemary	19 Chicken Rosemary, Ratatouille	20 Wild Card, White Bean Chili	21 White Bean Chili, SW Chili
22 SW Chili, Carrot Ginger	23 Carrot Ginger, White Bean & Kale	24 White Bean & Kale, Creamy Cauli	25 Creamy Cauli, White Bean Chili	26 White Bean Chili, Chicken Rosemary	27 Chicken Rose, Butternut Chipotle	28 Butternut Chipotle, Tomato Basil
29 Tomato Basil, Country Veg	30 Country Veg, SW Chili	31 SW Chili, Carrot Ginger				