

Cath's Menu Plan January 2008

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Family BBQ—	2 Pan-fried sandwiches & salad	3 BBQ sausages, salad	4 Cream cheese patties & salad	5 Haystacks	6 Roast Chicken & veg
7 Birthday dinner	8 Sweet & sour chicken & noodles	9 Lime marinated steak, Singapore noodles	10 Fish & chips, salad	11 Bread fritters & veg, gravy	12 Muffin Surprise	13 Roast Lamb & veg
14 Salmon quiche & salad	15 Lamb roll-ups	16 Gluten skewers in plum sauce, rice	17 Nachos	18 BBQ steak, salad	19 Toasted sandwiches	20 Roast Chicken & veg
21 BBQ hamburgers	22 Chicken enchiladas	23 Fish cakes, potato gems, coleslaw	24 BBQ—satay skewers, fried rice	25 Spanish omelette	26 Australia Day BBQ	27 Roast Lamb & veg
28 Refrigerator Lasagne, salad, garlic bread	29 Out for dinner—Anniversary	30 Lamb & gravy, vegies	31 Vegetable Frittata			

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