

~ Cath's Menu Planner January 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Family barbecue	2 BBQ Lime Chicken, salad	3 Spag bol, garlic bread, salad	4 Rissoles & tomato gravy, salad	5 Fishcakes, coleslaw, wedges	6 Curried beef, steamed rice, naan	7 Tacos
8 Roast Lamb, baked veggies, gravy, mint sauce	9 Steak & salad	10 Meatloaf, mash, steamed greens, gravy	11 Haystacks	12 Schnitzels, tomato gravy, scalloped potato, peas, corn	13 Silverside, mash, cabbage, carrots, white sauce	14 Corned beef hash, salad
15 Roast chicken, baked veggies, gravy	16 Refrigerator lasagne, salad, bread rolls	17 Sweet & Sour chicken, fried rice	18 Mushroom risotto, green salad, bread rolls	19 Shepherd's pie, tossed salad	20 Fish'n'chips, coleslaw	21 Hamburgers
22 Roast beef, baked veggies, gravy	23 Roast beef & gravy sandwiches	24 Wellington loaf, baked veggies	25 BBQ sausages, salad, bread	26 Australia Day BBQ	27 Boston baked beans, bbq leftovers	28 Toasted sandwiches
29 Roast lamb, baked veggies, gravy, mint sauce	30 BBQ, salad	31 Chicken parma, wedges, salad	Notes:			