

# Cath's Menu Plan February 2009

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
						5 Greek style roast lamb, garlic & rosemary veg
6 Honey mustard chicken, mashed potato, steamed greens	7 Vegetable pasta bake, salad, garlic bread	1 Mock fish, wedges & salad	2 Crumbed cutlets, steamed veg, tomato sauce	3 Wellington loaf, baked vegetables	4 Kebabs with salad, tabouli, hommos	12 Portuguese style chicken, baked veg
13 Chicken & vegetable risotto	14 Spaghetti pie, tossed green salad	8 Sweet lamb curry, steamed rice	9 Impossible quiche, potato gems, salad	10 Italian vegetarian meatballs, tomato sauce, spiral noodles	11 Tacos	19 Pot Roast with potato, carrot, onion, parsnip
20 Chicken parmigiana, salad, french fries	21 Refrigerator lasagne, Greek salad	15 Sweet & sour chicken, fried rice	16 Meatloaf, steamed vegetables, mushroom gravy	17 Carrot nut loaf, steamed vegetables	18 Muffin Surprise	26 Roast lamb, baked veg, mint gravy
27 Chicken & mushroom pie, steamed vegetables	28 Mexican lasagne, tossed salad	22 Roast beef & gravy sandwiches, salad	23 French steak, vegetables	24 Schnitzels, potato & pumpkin bake, tomato gravy	25 Haystacks	

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