

# Cath's Menu Plan March 2009

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 Roast Chicken. Baked veggies & Gravy
2 Tuna Casserole	3 Spag bol, tossed salad, garlic bread	4 Enchiladas, tossed salad	5 Shepherds pie, peas, corn, broccoli	6 Welliington loaf, baked vegetables	7 Tacos	8 Roast Lamb, baked veggies & gravy
9 Pasta Bake, salad, garlic bread	10 BBQ & potato bake	11 Butter chicken, rice, naan	12 Mock chicken schnitzels & steamed veg	13 Company roast, steamed veg, gravy	14 Hamburgers	15 Roast Chicken. Baked veggies & Gravy
16 Homemade rissoles, steamed veggies, gravy	17 Refigerator Lasagne, tossed salad, garlic bread	18 Impossible quiche, steamed veg	19 Corn fritters, chips & salad	20 Cream cheese rissoles, green salad	21 Tomato soup & grilled cheese sandwiches	22 Roast Lamb, baked veggies & gravy
23 Honey mustard chicken, steamed rice	24 Sweet lamb curry, rice, pappadams	25 Mexican lasagna, tossed salad	26 Thai fish cakes, salad	27 Vegetable soup, bread rolls	28 Muffin surprise	29 Roast Chicken. Baked veggies & Gravy
30 Sweet & Sour Chicken, steamed rice	31 Chicken pasta bake					

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