

~Cath's Meal Planner April 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Roast chicken, baked vegetables, gravy	2 Schnitzels, mash, steamed greens, tomato gravy	3 Chicken spring rolls, vegetarian stir-fry noodles in honey soy sauce	4 Spag bol, tossed salad, garlic bread	5 Corned beef, mash, cabbage, carrot, beans, white sauce	6 Smoked cod in white sauce, tossed salad, fresh bread rolls	7 Mexican meatballs, savoury rice, MOO tortillas
8 Greek Lamb, rosemary and garlic baked vegetables, mint sauce and gravy	9 Rissoles, yellow mash, steamed greens, onion gravy	10 French shepherd's pie, steamed greens, cauliflower and cheese sauce	11 Refrigerator lasagna, tossed salad, garlic bread	12 Curried tuna slice, tossed salad	13 Haystacks	14 Homemade pizzas, tossed salad, garlic rolls
15 Roast chicken, hassleback potatoes, baked pumpkin, onion and carrot, steamed peas, gravy	16 Sloppy Joes	17 Curried sausages over steamed savoury rice	18 Creamy chicken casserole, mash, steamed greens	19 Pasta bake, tossed salad, garlic bread	20 Fish, homemade wedges, coleslaw	21 Enchiladas, tossed salad
22 Mustard crust roast beef, baked vegetables, steamed greens, cauliflower cheese sauce, gravy	23 Vegetable moussaka, salad	24 Steak, mash, steamed greens, carrots, broccoli and cauliflower, cheese sauce	25 Roast beef slices in gravy, yellow mash, steamed greens, cauliflower and cheese sauce	26 Meatloaf, mash, steamed vegetables, gravy	27 Hamburgers	28 Chicken soup and toasted crumpets
29 Roast chicken, seasoning, baked vegetables, steamed greens, gravy	30 Corn fritters, salad	Notes:				