

Cath's Menu Plan June 2007

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Roast Chicken & Veggies	4 Fish & Chips, coleslaw	5 Chicken fried rice, spring rolls	6 Spaghetti Bolognese, garlic bread	7 Lamb hot-pot & veggies	8 Toasted sandwiches	9 Honey mustard chicken & rice
10 Roast Lamb & Veggies	11 Homemade Pizza	12 French steak, mashed potato, peas & corn	13 Rissoles, gravy, veggies	14 Singapore noodles	15 Homemade pies, potato gems	16 Muffin surprise
17 Roast Chicken & Veggies	18 Weiner schnitzels, potatoes, peas, corn	19 Gluten puffs in plum sauce, fried rice	20 Pasta bake, salad, garlic bread	21 Tuna & rice casserole	22 Homemade hamburgers	23 Tomato & vegetable soup, cheese muffins
24 Roast Lamb & Veggies	25 Mexican meatballs	26 Shepherds pie	27 Curried mince, mashed potato,	28 Steak & Salad	29 Spaghetti Bolognese	30 Crunchy chicken strips and veggies