

Cath's Menu Plan June 2008

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 Roast chicken & baked vegetables
2 Sweet lamb curry & rice	3 Spaghetti Bolognese, garlic bread	4 Apricot chicken, steamed veg, mashed potato	5 Salmon fritters, potato wedges, salad	6 Schnitzels, steamed veg, tomato gravy	7 Muffin surprise	8 Greek style roast lamb, baked vegetables
9 Sweet & Sour vegetables & Singapore noodles	10 Veggie pasta bake, salad, garlic bread	11 Stuffed chicken legs, baked veg	12 Curried tuna rice slice, tossed salad	13 Wellington loaf, baked veg, gravy	14 Haystacks	15 Butterfly chicken, baked vegetables
16 Fried rice, satay vegetables	17 Refrigerator lasagne, salad, garlic bread	18 Creamy chicken rice	19 Fish cakes, potato gems, salad	20 Company roast, steamed veg	21 Omelettes & salad	22 Crockpot roast beef & vegetables
23 Stir-fry chili vegetables, spring rolls	24 Macaroni cheese bake, tossed salad	25 Mock chicken roast, baked veg	26 Fish & Chips, coleslaw	27 Carrot Nut Loaf, tossed salad, bread	28 Toasted sandwiches & soup	29 Traditional roast lamb, baked vegetables
30 Fried rice, rice paper rolls, dipping sauces						

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