

Cath's Meal Plan June 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Spaghetti Bolognese, garlic bread, green salad	2 Pumpkin Risotto (slow cooker)	3 Hamburgers	4 Haystacks
5 Roast chicken, baked veggies and gravy	6 Quiche, salad	7 Chicken enchiladas, green salad	8 Rissoles, mash, steamed greens, onion gravy	9 Curried sausages, steamed rice (slow cooker)	10 Fish'n'chips, coleslaw	11 Cheese Omelet, green salad
12 Roast beef, baked veggies, gravy	13 Lamb hot pot, baked veggies	14 Lasagne, tossed salad, garlic bread	15 Curried mince, mash, steamed greens	16 Soup and crumpets	17 Schnitzels, tomato gravy, mash, steamed greens	18 Toasted sandwiches and soup
19 Roast chicken, baked veggies, gravy	20 Rice patties, gravy, steamed veggies	21 Chicken soup, toasted crumpets	22 Spaghetti with mushroom sauce, green salad, garlic bread	23 Pasties, wedges and salad	24 Cream cheese patties, salad	25 Curried chicken pies
26 Roast lamb, baked veggies, gravy, mint sauce	27 Stuffed baked potatoes	28 Sweet lamb curry, steamed rice, naan bread	29 Soup and toast	30 Aunty Mary's beef casserole (slow cooker), mash, steamed greens		