

~ Cath's Meal Planner June 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Honey Mustard Chicken, steamed rice	2 Sausage Casserole, mashed potato, peas, carrots, broccoli	3 Spanish Rice	4 MOO Pizza	5 Lamb Hot Pot, sweet potato mash, beans, corn	6 Vegetable soup and crumpets
7 Roast chicken, baked vegetables, corn, peas, gravy	8 Salmon fritters, wedges, salad, tartare sauce, lemon wedges	9 Spaghetti bolognaise, garlic bread, salad	10 Apricot chicken, savoury rice	11 MOO Pizza	12 Schnitzels, potato bake, carrots, beans, corn cobs, tomato gravy	13 Hamburgers
14 Roast Lamb, baked vegetables, beans, broccoli, gravy, mint sauce	15 Sweet lamb curry, rice, naan	16 Refrigerator Lasagne, salad, garlic bread	17 French Shepherd's pie, peas, cauliflower with cheese sauce, carrots, corn	18 MOO Pizza	19 Creamy Chicken and Rice	20 Omelets and salad
21 Roast chicken, baked vegetables, corn, peas, gravy	22 Stir-fry veggies and rice	23 Macaroni Cheese Bake and salad	24 Fish, wedges, coleslaw	25 MOO Pizza	26 BBQ Meatloaf, mashed potato, peas, carrots, broccoli	27 Toasted sandwiches
28 Roast Beef, baked veggies, peas, corn, gravy	29 Chicken Parmas, salad, wedges	30 Cottage pie, broccoli, cauliflower, carrots	Notes:			