

# Cath's Menu Planner July 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Honey soy stir fry with fried rice	2 Haystacks
3 Roast beef, baked veggies, mustard sauce	4 Fish cakes, homemade wedges, coleslaw	5 Spaghetti bolognaise, tossed salad, garlic bread	6 Curried sausages, mash, green beans	7 Schnitzels, steamed veggies, tomato gravy	8 Tacos	9 Pumpkin soup and toasted sandwiches
10 Roast chicken, baked veggies, gravy	11 Chicken fried rice, spring rolls	12 Swedish meatballs, mash, cream sauce	13 Meatloaf, mash, steamed greens	14 Rissoles, salad, garlic bread	15 Homemade pizza, salad	16 Homemade falafels in pita bread
17 Pot roast – beef, potatoes, carrots, onions, parsnips	18 Sloppy Joes	19 Refrigerator lasagne, salad, garlic bread	20 Crumbed chicken, roast potato & pumpkin, steamed greens, gravy	21 Fish, homemade wedges, salad	22 Curried chicken & rice, naan	23 Hamburgers
24 Roast chicken, baked veggies, gravy	25 Rissoles, steamed veggies, gravy	26 Sausage wellingtons, steamed veggies	27 French steak, mash, pumpkin & steamed greens	28 Pasta bake, salad	29 Soup & sandwiches	30 Toasted sandwiches
31 Roast beef, baked veggies, gravy						