

Cath's Menu Planner August 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Butter chicken, steamed rice, naan, salad	2 Homemade fish burgers (fish cake, lettuce, tomato, onion, cheese, tartar	3 Sausage Wellingtons, steamed veggies and gravy	4 Rissoles, mash, steamed greens, onion gravy	5 Pumpkin soup, croutons	6 Homemade pizzas, salad, garlic bread
7 Slow baked leg of lamb, baked veggies, steamed greens, mint sauce & gravy	8 Italian vegetarian meatballs, tossed salad,	9 Sweet lamb curry, steamed rice, naan	10 Spinach & Ricotta lasagne roll-ups, tossed salad and garlic bread	11 Chicken schnitzels, mash, steamed greens, tomato gravy	12 Fish cakes, homemade wedges, coleslaw, tartar sauce & lemon	13 Haystacks
14 Seasoned roast chicken, baked veggies, gravy	15 Macaroni Cheese, baked pumpkin & sweet potato, peas, carrots & corn	16 Chicken in pastry, mashed potato & sweet potato, broccoli, corn	17 Kransky in bbq sauce, hot potato salad, carrots, beans	18 Chicken soup, toasted crumpets	19 Mushroom risotto	20 Tacos
21 Pot roast – potato, onion, carrot, peas, gravy	22 French shepherd's pie, steamed greens	23 Corned beef, mashed potato, carrots & cabbage, white sauce	24 Tomato & onion quiche, salad & baked potatoes	25 Company roast, baked veggies, steamed greens	26 Corned beef hash, steamed broccoli	27 Stuffed potatoes
28 Roast chicken, baked veggies, gravy	29 Muffin surprise	30 Spag bol, tossed salad, garlic bread	31 Chilli, corn bread			