

Cath's Menu Plan August 2007

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
		<i>1 Curried Tuna Mornay & steamed rice</i>	<i>2 Silverside, mashed potato & veggies</i>	<i>3 Tomato soup & cheese muffins</i>	<i>4 Corned beef pie & vegetables</i>	<i>5 Roast Lamb & veggies</i>
<i>6 Homemade Pizzas</i>	<i>7 Lamb in Mushroom gravy, vegetables</i>	<i>8 Impossible Quiche and salad</i>	<i>9 Chicken Noodle Casserole</i>	<i>10 Spaghetti Bolognese, garlic bread, salad</i>	<i>11 Homemade hamburgers</i>	<i>12 Roast chicken & veggies</i>
<i>13 Fish & homemade wedges, coleslaw</i>	<i>14 Curried Chicken & Rice</i>	<i>15 Mexican Meatballs</i>	<i>16 Corned Beef, mashed potato & veggies</i>	<i>17 Chunky Beef pies, veggies & gravy</i>	<i>18 Muffin Surprise</i>	<i>19 Roast Lamb & veggies</i>
<i>20 Honey Mustard Chicken & rice</i>	<i>21 Lamb fritters & salad</i>	<i>22 Pizza, garlic bread, salad</i>	<i>23 Schnitzels, veggies & tomato gravy</i>	<i>24 Potato pie & ratatouille</i>	<i>25 Spaghetti pie, garlic bread, tossed salad</i>	<i>26 Roast chicken & veggies</i>
<i>27 Chicken soup & crumpets</i>	<i>28 Wellington loaf, scalloped potatoes & peas</i>	<i>29 Vegetable Moussaka</i>	<i>30 Fishcakes, wedges & salad</i>	<i>31 Sweet & Sour veggies & noodles</i>		

*The Cheapskates Club—
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