

~ Cath's Meal Planner August 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Pumpkin soup, toasted muffins
2 Roast Chicken, baked vegetables, steamed greens, gravy	3 Enchiladas	4 Vegetable Lasagne, salad	5 Tomato & Onion Pie, wedges	6 MOO Pizza	7 Zucchini slice, salad	8 Hamburgers
9 Roast Lamb, baked vegetables, steamed greens, gravy	10 Fish Alaska, wedges	11 Spag bol, salad, garlic bread	12 Beef & Mushroom Stew, mash	13 MOO Pizza	14 Tandoori Lamb Chops, salad	15 Mexican Meatballs, savoury rich
16 Roast Chicken, baked vegetables, steamed greens, gravy	17 Steak, eggs, chips	18 Curried chicken, rice	19 Tuna Surprise, salad	20 MOO Pizza	21 Scotch Eggs, salad	22 Haystacks
23 Roast Beef, baked vegetables, steamed greens, gravy	24 Yorkshire Meat Pancakes, cauliflower mash, beans, carrots	25 Kransky, potato bake	26 Vegetable curry, steamed rice	27 MOO Pizza	28 Porcupines, mash, broccoli, corn	29 Tacos
30 Roast Chicken	31 Swedish Meatballs	Notes:				