

Cath's Menu Plan September 2007

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Potato Pie & Ratatouille	2 Roast Chicken & veggies
3 Tuna Rice bake, salad	4 Veggie pasta bake, salad, garlic bread	5 Italian sausages, mashed potato & mixed veggies	6 Veggie burgers & wedges	7 Soup & toasted cheese	8 Muffin surprise	9 Roast Lamb & veggies
10 Beef & tomato casserole, potatoes	11 Schnitzel, wedges & salad	12 Lasagne	13 Rissoles, veggies & onion gravy	14 Fish, Chips, Salad	15 BBQ, Salad	16 Roast Chicken & Vegies
17 Spaghetti Bolognese	18 Chicken fried rice	19 Chicken & Mushroom bake	20 Scotch Eggs, veggies	21 Mini quiche & salad	22 Homemade Chicken Pies	23 Roast Lamb & veggies
24 Porcupines, mashed potato, peas, corn, carrot	25 Lamb fritters, veggies & gravy	26 Schnitzels, tomato gravy, veggies	27 Stuffed chicken drumsticks, roast veggies	28 Tacos	29 Hamburgers	30 Roast Chicken & veggies

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