

Cath's Menu Plan October 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Haystacks
2 Roast lamb, baked veggies – potato, pumpkin, onion, beans,	3 Honey mustard chicken, mash, corn, carrot and peas	4 Sweet lamb curry over rice, homemade naan	5 Spaghetti bolognese, salad, garlic bread	6 Homemade hamburgers	7 Fish, wedges, coleslaw	8 Enchiladas
9 Roast chicken, baked potato, cauliflower, carrots, peas	10 Rissoles, potato bake, pumpkin, corn, beans	11 Refrigerator lasagne, salad, garlic bread	12 Meatloaf, mash, peas, corn, carrots, gravy	13 Tomato & lentil soup, toasted English muffins	14 Homemade DIY pizzas, garden salad, garlic bread	15 Toasted sandwiches & soup
16 Pot roast – potato, carrot, onion	17 Honey soy drumsticks, fried rice	18 Spaghetti & meatballs, salad, garlic bread	19 Sloppy joes	20 Corned beef, mash, cauliflower & cheese sauce, beans	21 BBQ marinated steak, salad & bread rolls	22 Corned beef pie, tossed salad
23 Roast lamb, baked veggies, gravy	24 Vegetable moussaka, Greek salad, bread rolls	25 Chicken tetrazzini, salad	26 Curried tuna slice, wedges, green salad	27 Spinach & ricotta rolls, salad	28 Curried vegetables, steamed rice, naan	29 Muffin surprise
30 Roast chicken, baked veggies, gravy	31 Italian vegetarian meatballs, spaghetti, salad					