

# Cath's November 2006 Menu Plan

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| Sun                    | Mon                                 | Tue                           | Wed                                  | Thu                       | Fri                   | Sat                |
|------------------------|-------------------------------------|-------------------------------|--------------------------------------|---------------------------|-----------------------|--------------------|
| 5 Roast Lamb & veg     | 6 Spaghetti Bolognese, garlic bread | 7 Lamb Roll-ups               | 8 Sweet Chilli stir-fry veggies      | 9 BBQ, salad              | 10 Fish, chips, salad | 11 Muffin Surprise |
| 12 Roast Chicken & veg | 13 Pasta Bake, salad, bread         | 14 Chicken stir-fry & Noodles | 15 Nutmeat pie, mashed potato, gravy | 16 Pizza                  | 17 Frittata           | 18 Tacos           |
| 19 Roast Lamb & veg    | 20 Lasagne, garlic bread, salad     | 21 Sweet Lamb Curry, rice     | 22 Schnitzels, tomato sauce          | 23 Meatloaf, veggies      | 24 Savoury Pancakes   | 25 Haystacks       |
| 26 Roast Chicken & veg | 27 Spinach Ravioli, salad, bread    | 28 Chicken & Sweet Corn soup  | 29 Tomato Quiche                     | 30 Fishcakes, gems, salad |                       |                    |

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