

# Cath's Meal Plan November 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Aunt Mary's beef stew over steamed ric	2 Tacos
3 Roast chicken, baked vegetables, gravy	4 Rissoles, mash, steamed greens, onion gravy	5 Spaghetti bolognaise	6 Chicken schnitzel, wedges, salad, sweet chilli cream	7 MOO Pizza night	8 Wellington loaf, baked vegetables	9 Hamburgers
10 Roast beef, baked vegetables, gravy	11 BBQ & salad, bread rolls	12 Cottage pie with sweet potato mash, broccoli, carrots	13 <a href="#">Refrigerator Lasagne</a> , salad	14 MOO Pizza night	15 Meatloaf, mashed potato, steamed broccoli, carrot, cauliflower	16 Toasted sandwiches
17 Roast chicken, baked vegetables, gravy	18 Fish cakes, wedges with chilli cream and salad	19 Honey soy chicken & veg stir fry over rice	20 Vegetable moussaka, salad, garlic bread	21 MOO Pizza night	22 Corn fritters, chips and salad	23 Haystacks
24 Roast lamb, baked vegetables, gravy	25 Cream cheese patties, salad	26 Corned beef, mash, cabbage, cauliflower, beans, mustard sauce	27 Curried tuna slice, salad	28 MOO Pizza night	29 Corned beef pie, broccoli, carrot, silverbeet	30 Tomato soup, grilled cheese toast