

# Cath's January 2007 Menu Plan

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 BBQ & salad	2 Chicken pies, vegetables	3 Corn fritters & salad	4 Schnitzels & vegetables	5 Tuna casserole	6 Muffin surprise
7 Roast Lamb & Veggies	8 Refrigerator Lasagne, garlic bread	9 Lamb roll-ups	10 Tomato & onion quiche, salad	11 Rissoles & salad	12 Fish cakes, potato gems & salad	13 Toasted sandwiches
14 Roast Chicken & Veggies	15 Spaghetti Bolognese, salad	16 Sweet & sour chicken & rice	17 Mock fish fingers, chips & salad	18 Fried rice & gluten puffs	19 Salmon quiche & salad	20 Omelettes
21 Roast Lamb & Veggies	22 Spinach ravioli, salad, garlic bread	23 Lamb fritters, salad	24 Italian meatballs, pasta	25 BBQ Vegetarian plum skewers & rice	26 Curried tuna slice	27 Tacos
28 Roast Chicken & Veggies	29 Vegetarian Carbonara	30 Chicken enchiladas	31 Bread fritters, gravy, vegetables			

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