

Cath's Menu Plan February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Slowcooker silverside, salad	2 Rissoles, pasta salad, green salad	3 Fish cakes, homemade wedges, coleslaw	4 Honey soy chicken kebabs, fried rice	5 Mexican meatballs, savoury rice	6 BBQ steak and salad
7 Roast lamb, baked veggies, gravy	8 Spaghetti Bolognese, garlic bread, tossed salad	9 Sweet lamb curry, steamed rice, naan	10 Homemade KFC, coleslaw, mashed potato & gravy	11 Haystacks	12 Grilled fish, coleslaw, parmesan bread	13 Toasted sandwiches
14 Roast chicken, baked veggies, gravy	15 Cream cheese patties, salad	16 Chicken enchiladas, green salad, rice salad	17 Wellington loaf, baked veggies, gravy	18 Tacos – beans, lettuce, tomato, cucumber, cheese, sour cream	19 Pasta bake, salad, garlic bread	20 Quiche & salad
21 Roast beef, baked veggies, gravy	22 Tuna Surprise	23 Cold roast beef and salads	24 BBQ tandoori lamb chops, rice, salad, naan bread	25 Pasta bake, salad	26 BBQ, salad, bread stick	27 Homemade Yum Cha – mini spring rolls, dim sim, chicken wings, dumplings, sesame toast
28 Roast chicken, baked veggies, gravy						