

Cath's March 2007 Menu Plan

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 Roast Lamb & veggies	5 Cream cheese patties	 6 Pasta bake, salad & garlic bread	7 Lamb wraps	8 Thai Fish cakes, tossed salad	9 Vietnamese rice rolls, dipping sauce	10 Tacos
11 Roast Chicken & veggies	12 Schnitzels, tomato sauce, vegetables	13 Fridge Lasagna, salad	14 Sweet & Sour Chicken, rice	15 Tuna Surprise	16 Fried Rice, with gluten puffs,	17 Muffin surprise
18 Roast Lamb & veggies	19 Crumbed sausages, gravy, veggies	20 Spaghetti Pie, salad	21 Lamb fritters & vegetables	22 Curried Tuna slice, rice, salad	23 Cheese & veggie rolls, salad	24 Haystacks
25 Roast Chicken & veggies	26 Mexican Meatballs, rice	27 Spinach & Ricotta Ravioli	28 Chicken enchiladas	29 Salmon Quiche, salad	30 Wellington loaf, baked veggies	31 Spring Roll crepes

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