

Cath's Menu Plan May 2008

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Fish, potato gems, coleslaw	2 Haystacks	3 Tomato & vegetable soup	4 Roast Chicken & vegetables
5 Rissoles, mashed potato, peas, corn, carrot, gravy	6 Spaghetti Bolognese, salad	7 Sweet & Sour chicken, fried rice	8 Tuna surprise	9 Sausage Wellingtons, vegetables	10 Muffin Surprise	11 Leg of Lamb, roast vegetables
12 Cream cheese rissoles, salad, French bread	13 Lasagne, salad, garlic bread	14 Lamb curry, steamed rice, papadums	15 Salmon quiche	16 Pizza	17 Tacos	18 Roast Chicken & vegetables
19 Curried Rice patties, savoury rice	20 Vegetable Pasta bake, salad, garlic bread	21 Chicken enchiladas	22 Fish cakes, tossed salad, fresh rolls	23 Schnitzels, vegetables, tomato gravy	24 Toasted Sandwiches	25 Leg of Lamb, roast vegetables
26 Mexican meatballs, rice, green salad	27 Spinach & Feta Ravioli, salad, garlic bread	28 Lamb kebabs	29 Grilled fish, wedges, tossed salad	30 Honey mustard chicken, vegetables	31 Hamburgers, chips	

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