

## Cath's Meal Plan May 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Greek lamb roast, herbed baked veggies, mint sauce	2 Spaghetti Bolognese, garlic bread and salad	3 Homemade lamb wraps with minted yoghurt and salad	4 Fish cakes, homemade wedges, coleslaw	5 French Shepherds Pie, honey carrots, beans & corn cobs	6 Wellington loaf, baked veggies, gravy	7 Soup and toasted crumpets
8 Roast chicken, baked veggies, gravy	9 Swedish meatballs, cream sauce, cranberry jelly and mash	10 Sweet'n'sour chicken, fried rice	11 Chicken soup and dumplings	12 Vegetable lasagne, garlic bread, salad	13 Crumbed fish fingers, potato gems, salad	14 Chicken soup and dumplings or toasted crumpets
15 Roast beef, baked veggies, mustard sauce	16 Rissoles, steamed veggies	17 Meatloaf, gravy, mash, steamed greens	18 Butter chicken, steamed rice, naan	19 Curried tuna slice, salad	20 Schnitzels with tomato gravy, mash, steamed greens	21 Tacos
22 Roast chicken, baked veggies, gravy	23 Steak and salad	24 Chicken pot pie, steamed veggies	25 Vegetable moussaka, garlic bread	26 Curried beef in the crockpot	27 Toasted sandwiches and tomato soup	28 Pies in the pie maker
29 Roast lamb, baked veggies, gravy and mint sauce	30 Spinach & Ricotta ravioli, tomato sauce, salad	31 Tandoori lamb, steamed rice, green salad				