

# Cath's Menu Plan July 2008

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<i>1 Crockpot silver-side, cabbage, mashed potato, peas, corn</i>	<i>2 Hamburgers with salad, wedges</i>	<i>3 Spaghetti Bolognese, salad, garlic bread</i>	<i>4 Spicy baked chicken pieces, potato bake, broccoli</i>	<i>5 Mexican Meatballs</i>	<i>6 Party food—pies, sausage rolls, pizzettes, garlic bread</i>
<i>7 Rissoles, potato, pumpkin, beans, cauliflower, gravy</i>	<i>8 Lasagne, salad, garlic bread</i>	<i>9 Lamb hot pot, mashed potato, peas, carrots</i>	<i>10 Butter chicken, steamed rice, pappadums</i>	<i>11 Wellington loaf, baked veg</i>	<i>12 Haystacks</i>	<i>13 Roast Lamb, baked veg, gravy</i>
<i>14 Schnitzels, steamed veg, tomato gravy</i>	<i>15 Pasta bake, tossed salad</i>	<i>16 Sweet lamb curry, rice, naan bread</i>	<i>17 Curried tuna slice, tossed salad</i>	<i>18 Company roast, potato &amp; pumpkin bake, greens</i>	<i>19 Toasted sandwiches, tomato soup</i>	<i>20 Roast chicken, baked veg, gravy</i>
<i>21 Curried sausages, mashed potato, peas, carrot, corn</i>	<i>22 Spaghetti Bolognese, salad, garlic bread</i>	<i>23 Sweet &amp; sour chicken, fried rice</i>	<i>24 Soup &amp; crumpets</i>	<i>25 Fishcakes, coleslaw, wedges</i>	<i>26 Stuffed potatoes with cheese, coleslaw, pineapple, sour cream</i>	<i>27 Roast lamb, baked veg, gravy</i>
<i>28 Vegetable moussaka</i>	<i>29 Spaghetti &amp; meatballs</i>	<i>30 Kebabs, homemade tabouli</i>	<i>31 Crockpot casserole, rice, peas, corn, carrots</i>			

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