

# Cath's August 2006 Menu Planner

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Honey Mustard Chicken, Veggies	2 Corned beef & veggies	3 Spaghetti Bolognaise	4 Corned beef fritters & salad	5 Muffin Surprise
6 Roast Lamb & Veggies	7 Rissoles, veggies & gravy	8 Leftover lamb in gray & veggies	9 Mock Fish, chips & salad	10 Spinach Ravioli, tomato sauce	11 Curried eggs with rice	12 Hamburgers
13 Roast Chicken & Veggies	14 Chicken stir-fried noodles	15 Pasta Bake, salad, garlic bread	16 Gluten Schnitzels & Tomato Sauce	17 Tuna surprise	18 Sweet chilli tofu, fried rice	19 Toasted Sandwiches & Soup
20 Roast Lamb & Veggies	21 Salmon Quiche, salad	22 Homemade kebabs with tabouli, salad,	23 Wellington Loaf, roast veggies	24 Sweet Lamb & Mango Curry	25 Vegetable Moussaka	26 Tacos
27 Roast Chicken & Veggies	28 Mexican Lasagne	29 Chicken Noodle Soup	30 Vegeburgers	31 Vegetable Frittata		

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