

Cath's Menu Plan August 2008

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Curried sausages over steamed rice	2 Enchiladas	3 Roast beef, baked vegetables, gravy
4 Easy tuna pie, potato gems & coleslaw	5 Spaghetti bolognese, garlic bread, salad	6 Shredded beef 7 gravy pan fried sandwiches	7 Tomato & mushroom crock-pot casserole	8 Sweet chilli chicken tenders, fried rice	9 Vegetable soup & crumpets	10 Roast chicken and baked vegetables, gravy
11 Tuna mornay, tossed salad	12 Sweet & sour chicken, fried rice	13 Mini meat-loaves, gravy, steamed vegetables	14 Mexican meatballs & savoury rice	15 Finger food-spring rolls, dim sims, samosas, salad	16 Oven baked pumpkin risotto	17 Roast lamb, baked vegetables, gravy
18 Homemade pizzas	19 Tuna pie, coleslaw, wedges	20 Sweet lamb curry & steamed rice	21 Lamb hotpot, mashed potato & pumpkin	22 Vegetable curry, steamed rice, naan	23 Pepper steak sandwiches	24 Roast chicken, baked vegetables, gravy
25 Sweet & sour chicken, Singapore noodles	26 Lasagne, garlic bread, salad	27 Salmon patties, wedges & salad	28 Vegetable soup & crumpets	29 Schnitzels with tomato gravy and steamed vegeta-	30 Rissoles, vegetables, mushroom gravy	31 Spinach ricotta ravioli with tomato sauce

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