

Cath's Meal Planner August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rissoles, mash, onion gravy	2 Sweet & sour chicken, fried rice	5 Haystacks	4 Party food—pies, sausage rolls, pizzettes
5 Roast Beef	6 Schnitzels, steamed veg, tomato gravy	7 Pasta bake, tossed salad	8 Butter chicken, steamed rice	9 Sweet & sour chicken, fried rice	10 Curried sausages, mashed potato	11 Toasted sandwiches, tomato soup
12 Roast Chicken	13 Curried tuna slice, tossed salad	12 Spaghetti Bolognese, salad	15 Wellington loaf, baked veg	16 Sweet & sour chicken, fried rice	17 Vegetable moussaka	18 Soup & crumpets
19 Roast Lamb	20 Crockpot casserole, rice	21 Spaghetti & meatballs	22 Sweet lamb curry, rice	23 Sweet & sour chicken, fried rice	24 Stuffed potatoes with cheese, coleslaw, pineapple, sour cream	25 Pepper steak sandwiches
26 Roast Chicken	27 Company roast, potato & pumpkin bake	28 Spinach ricotta ravioli with tomato sauce	29 Sweet & sour chicken, fried rice	30 Sweet & sour chicken, fried rice	31 Rissoles, gravy	