## Cath's Menu Planner September 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Lancashire Hot Pot, steamed broccoli	2 Curried chicken, steamed rice	3 Haystacks
4 Roast chicken, baked veggies, peas, gravy	5 Curried tuna slice, salad	6 Refrigerator lasagne, salad, garlic bread	7 Chicken pies, mash, steamed greens	8 Vegetable soup, toasted crumpets	9 Rissoles, yellow mash, steamed greens, onion gravy	10 Homemade pizzas
11 Roast beef, baked veggies, steamed greens and gravy	12 BBQ steak, salad, bread rolls	13 Mum's Meatloaf, mash, mixed veggies, gravy	14 Fish 'n' chips, coleslaw	15 Chicken casserole, mash, steamed greens	16 Mexican meatballs, savoury rice	17 Toasted sandwiches
18 Greek lamb, rosemary & garlic veggies, gravy & mint sauce	19 Pasta bake, salad & garlic bread	20 French shepherd's pie, peas, corn, cauliflower	21 Chicken parmas, homemade wedges, salad	22 Family pastie, steamed potato & greens	23 Pumpkin soup, croutons & sausage rolls	24 Tacos
25 Roast chicken, baked veggies, gravy, steamed greens	26 Sausage casserole, mash, steamed greens	27 Mushroom quiche, salad, homemade wedges	28 Chili, cornbread, salad	29 Chicken spaghetti, salad	30 Vegetable Moussaka	