

~ Cath's Meal Planner September 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Tacos
2 Roast beef, baked vegetables and gravy	3 Sausages, mash, corn cobs, carrots, beans, onion gravy	4 Spaghetti bolognaise, garlic bread, tossed salad	5 Shepherds pie, steamed greens	6 Fish, chips, coleslaw	7 Meat pie, wedges, tossed salad	8 Hamburgers
9 Roast chicken, baked vegetables and gravy	10 Fish cakes, wedges, coleslaw	11 Meatloaf, mash, sweet potatoes, beans, tomato gravy	12 Schnitzel, wedges, tossed salad	13 Beef casserole, steamed rice	14 Macaroni cheese, tossed salad	15 Scrambled eggs on toast
16 Greek lamb, garlic & rosemary baked veggies, corn cobs, gravy	17 Mushroom risotto	18 Lasagne, tossed salad, garlic bread	19 Roast lamb, mashed potato, sweet potato, corn, peas, gravy,	20 Haystacks	21 Mushroom quiche, salad	22 Soup and toasted crumpets
23 Roast chicken, baked veggies, gravy	24 Chili, corn bread, salad	25 Rissoles, steamed veggies, gravy	26 Curried chicken, steamed rice, naan	27 Wellington loaf, baked veggies, gravy	28 Sausage rolls, salad	29 Toasted sandwiches
30 Pot roast, potatoes, carrots, onions, gravy	<b>Notes:</b>					

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