

# Cath's Meal Planner September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Vegetable soup & crumpets
2 Roast Beef	3 Fishcakes, coleslaw, wedges	4 Lasagne, garlic bread, salad	5 Schnitzels with tomato gravy	6 Moo Pizza	7 Salmon patties, wedges & salad	8 Finger food—spring rolls, dim sims, samosas, salad
9 Roast Chicken	10 Rissoles, vegetables, mushroom gravy	11 Vegetable Lasagne, tossed salad	12 Vegetable curry, steamed rice, naan	13 Moo Pizza	14 Tuna pie, coleslaw, wedges	15 Vegetable soup & crumpets
16 Roast Lamb	17 Lamb hotpot, mashed potato & pumpkin	18 Spaghetti bolognese, garlic bread	17 Oven baked pumpkin risotto	20 Moo Pizza	21 Mexican meatballs & savoury rice	22 pan fried sandwiches
23 Roast Chicken	24 Sweet & sour chicken, Singapore noodles	25 Pasta Bake, tossed salad	26 Mini meatloaves, gravy, steamed vegetables	27 Moo Pizza	28 Easy tuna pie, potato gems & coleslaw	29 Enchiladas
30 Roast Beef						