

# Cath's Menu Plan November 2008

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Haystacks	2 Greek lamb with garlic & rosemary baked vegetables
3 Lamb wraps	4 Pasta bake, salad	5 Sausages, salad	6 Cream cheese patties, tossed salad	7 Schnitzels, steamed veg, tomato gravy	8 Hot dogs, coleslaw	9 Roast Chicken & baked veg
10 Chicken fried rice	11 Refrigerator lasagne	12 Satay Lamb kebabs, salad	13 Curried Tuna slice, salad	14 Shepherds pie, steamed veg	15 Stuffed Spuds (cheese, coleslaw, sour cream, spring onion,	16 Slow cooker pot roast
17 Cold roast beef & salad	18 Chicken Tetrazzini	19 Tandoori chicken, salad, naan bread	20 Pizza, garlic bread, tossed salad	21 Cheesy Meatloaf, vegetables	22 Soft tacos	23 Greek lamb with garlic & rosemary baked vegetables
24 Lamb fritters, salad	25 Spaghetti Bolognese	26 Italian meatballs, salad, garlic bread	27 Steak & salad	28 Honey soy chicken wings, fried rice	29 Crumbed fish, coleslaw, potato gems	30 Roast Chicken & baked veg

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