

Cath's Menu Plan November 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Pasta bake, salad, garlic bread	2 BBQ, salad	3 Refrigerator Lasagne, tossed salad, garlic bread	4 Homemade hamburgers, salad	5 Enchiladas
6 Roast beef, baked veggies, gravy	7 Crumbed lamb cutlets, mash, cauliflower & cheese sauce, green beans	8 Spaghetti Bolognese, tossed salad, garlic bread	9 Curried sausages, steamed rice	10 Chicken casserole, mash, steamed carrot, corn & peas	11 Homemade pizza, tossed salad	12 Homemade soup and toasted crumpets
13 Roast chicken, baked veggies, gravy	14 Rissoles, mash, steamed veggies, onion gravy	15 Sweet & sour chicken, Singapore noodles	16 Thai fish cakes, wedges, homemade coleslaw	17 Chicken parma, salad – potato, coleslaw, lettuce, tomato, cucumber etc	18 Mexican meatballs, savoury rice	19 Homemade sausage rolls & tossed salad
20 Greek style roast lamb, baked veggies, gravy, mint sauce	21 Honey soy chicken, mash, steamed greens	22 BBQ steak, salad, bread rolls	23 Cream cheese patties, salads	24 Cold meatloaf & salad	25 Grilled chops, steamed veggies, potato bake	26 Cheesy scrambled eggs on toast
27 Baked chicken pieces, roast veggies & gravy	28 Deluxe mac'n'cheese, salad	29 Chicken crepes, tossed salad	30 Mock whitebait, potato gems, coleslaw			