

## ~ Cath's Meal Planner November 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Notes:</b>				<b>1</b> Pizza & salad	<b>2</b> Fish with lemon sauce, salad, wedges	<b>3</b> Cream cheese patties, salad
<b>4</b> Roast lamb, baked veggies, gravy, mint sauce	<b>5</b> Grilled lamb chops, steamed potato, carrots, broccoli, corn	<b>6</b> Mushroom tortellini	<b>7</b> Chilli & corn bread	<b>8</b> Rissoles, mash, carrots, peas, corn, cauliflower, mushroom gravy	<b>9</b> Chicken parmas, salad, wedges	<b>10</b> Hamburgers
<b>11</b> Roast chicken, baked veggies, gravy	<b>12</b> Meatloaf, potato bake, peas, carrots, cauliflower	<b>13</b> Spaghetti Bolognese, salad	<b>14</b> Curried tuna slice, wedges, salad	<b>15</b> Sausage wellingtons, baked veggies, mushroom gravy	<b>16</b> Honey soy chicken, fried rice	<b>17</b> Spring rolls, fried rice
<b>18</b> Roast beef, baked veggies, gravy	<b>19</b> Meat pie, mash, peas, gravy	<b>20</b> Grilled steak, salad	<b>21</b> Schnitzels, mash, beans, cauliflower, pumpkin, tomato gravy	<b>22</b> Fish, wedges, coleslaw	<b>23</b> Pumpkin soup, toasted crumpets	<b>24</b> Eggs on toast
<b>25</b> Roast chicken, baked veggies, gravy	<b>26</b> Thai fish cakes, tossed salad	<b>27</b> Singapore noodles, sweet'n'sour chicken	<b>28</b> Refrigerator lasagna, salad	<b>29</b> Haystacks	<b>30</b> Italian Vegetarian Meatballs in tomato sauce, spaghetti	<b>Notes:</b>

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