

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Chicken Kievs, potato bake & vegies	Beef curry, rice & pappadums	Lamb chops, sweet potato and pumpkin, peas & corn	Chicken Carbonara	Fish, chips & salad	Pork spare ribs	Shepherd's Pie
2	Sticky Pork & Hokkien noodle stir-fry	Mexican meatballs with guacamole, taco shells & salad	Roast Pork, roast vegies & gravy	Beef curry, rice, naan bread & salad	Sausages, mashed potato, vegie (greens) & gravy	Chicken Legs	Meatloaf
3	Spaghetti Bolognese, salad & garlic bread	Chinese chicken legs, fried rice, & braised cabbage	Lamb roast, roast vegies & gravy	Nachos, beef tacos, salad, & sour cream	Tuna mornay, pasta & vegies	Kebabs	Curried sausages, mashed potato & vegies
4	Beef Diane, vegies & mash potato	Marinated pork chops, rice & salad	Roast chicken, vegies & gravy	Quiche Lorraine, salad & garlic bread	Sweet 'n' sour pork	Beef casserole	Chicken curry, salad & pappadums
5	Chicken Parmis, potato bake & salad	Lamb chops, mashed potato, pumpkin, vegies & gravy	Roast beef, roast vegies, greens & gravy	Chicken pasta bake & salad	Pork & cabbage stir-fry	Mixed grill on camp fire	Crumbed beef sausages, mashed potato & vegies
6	Chicken Kievs, potato bake & vegies	Beef curry, rice & pappadums	Lamb chops, sweet potato and pumpkin, peas & corn	Chicken Carbonara	Fish, chips & salad	Make own nachos	Shepherd's Pie
7	Sticky Pork & Hokkien noodle stir-fry	Mexican meatballs with guacamole, taco shells & salad	Roast Pork, roast vegies & gravy	Beef curry, rice, naan bread & salad	Sausages, mashed potato, vegie (greens) & gravy	Steak, chips and eggs	Meatloaf
8	Spaghetti Bolognese, salad & garlic bread	Chinese chicken legs, fried rice, & braised cabbage	Lamb roast, roast vegies & gravy	Nachos, beef tacos, salad & sour cream	Tuna mornay, pasta & vegies	Rissoles	Curried sausages, mashed potato & vegies
9	Beef Diane, vegies & mashed potato	Marinated pork chops, rice & salad	Roast chicken, vegies & gravy	Quiche Lorraine, salad & garlic bread	Sweet 'n' sour pork	Lamb chops	Chicken curry, salad & pappadums
10	Chicken Parmi's, potato bake & salad	Lamb chops, mashed potato, pumpkin, vegies & gravy	Roast beef, roast vegies, greens & gravy	Chicken pasta bake & salad	Pork & cabbage stir-fry		

