

Cath's Meal Planner February 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Fish and chips
2 Roast lamb, baked vegetables, mint sauce	3 Cold lamb, salad	4 Spaghetti with tomato sauce	5 Grilled chicken pieces, baked potatoes, coleslaw	6 Moo Pizza Night	7 Sausages and salad	8 Hamburgers
9 Roast chicken, baked vegetables, gravy	10 Refried bean burritos	11 Chicken in plum sauce, fried rice	12 Lamb shanks, sweet potato mash	13 Moo Pizza Night	14 Meatballs, mash, peas/corn/carrots	15 Toasted sandwiches
16 Roast beef, baked vegetables, gravy	17 Quiche and salad	18 Cream cheese patties and salad	19 Honey soy chicken wings, fried rice	20 Moo Pizza Night	21 Schnitzels, tomato gravy, baked vegetables	22 Tacos
23 Roast chicken, baked vegetables, gravy	24 Rissoles, salad, bread rolls	25 Chicken pies, wedges, salad	26 Barbecue, salad Pavlova	27 Moo Pizza Night	28 Vegetarian chilli and cornbread	

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