

# Cath's March Menu Plan

## Cheapskates Journal

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Roast Chicken & Veggies	6 Stir-fry with left-over chicken & rice	7 Spag Bol, salad & garlic bread	8 Gluten Schnitzels, veggies, gravy	9 Sausage Caserole, veggies or salad	10 Mock Salmon, chips, salad	11 Dinner out with Granny & Grandad
12 Muffin Surprise, Baked Beans	13 Mexican Lasagne	14 Lasagne, salad & garlic bread	15 Mock Lamb, veggies	16 Homemade pies, veggies	17 Fish cakes, potato gems, salad,	18 Haystacks, salad
19 Roast Lamb & Veggies	20 Sweet Curry with left-over lamb & rice	21 Vego Pasta Bake, salad & garlic bread	22 Nutmeat loaf, veggies	23 Peanut Rissoles, veggies	24 Fried Rice, Spring Rolls, Stir-fry veggies	25 Tacos, salad
26 Roast Chicken & Veggies	27 Sir-fry with left-over chicken & noodles	28 Mini Pizza, salad & garlic bread	29 Rissoles, veggies, gravy	30 Vegetarian Curry, Rice, Naan	31 Veggie Burgers, salad	

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