

Cath's Menu Plan March 2010

This free menu planner produced by the Cheapskates Club - www.cheapskates.com.au

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Honey Soy Chicken Wings & Fried Rice	2 Spaghetti Bolognese, tossed salad & garlic bread	3 Mum's meatloaf*, mashed potato, steamed greens & homemade gravy	4 Fish, chips and green salad	5 Tandoori lamb chops, saffron rice and green salad	6 Tacos
7 Roast chicken, baked veggies, gravy	8 Schnitzels, steamed veg, tomato gravy	9 Sweet & sour chicken, fried rice	10 Quiche and salad	11 Lamb cutlets, mashed potato, steamed greens	12 Baked pumpkin risotto	13 Homemade hamburgers
14 Greek style leg of lamb, rosemary & garlic baked veggies, mint sauce & gravy	15 Refrigerator lasagne*, tossed salad, garlic bread	16 Lamb wraps	17 Vege balls*, pasta and salad	18 Rissoles, steamed greens, mashed potato & onion gravy	19 BBQ kransky & hot potato salad	20 Cheese omelets with tomato, onion, zucchini sour cream sauce
21 Roast chicken, baked veggies & gravy	22 Sausage casserole, mashed potato	23 Butter chicken, saffron rice, homemade naan	24 Chicken & mushroom crepes, tossed salad	25 Cream cheese patties, salad, bread stick	26 Fish Alaska**, tossed salad	27 Enchiladas, tossed salad
28 Pot roast & veggies, homemade gravy	29 Steak & sautéed potato, steamed greens	30 Aunty Mary's beef casserole*, steamed rice	31 Sloppy Joes*		<p>*Recipe in Cheapskates Recipe File **Recipe from Symply Too Good to be True Book 1</p>	