

Cath's Meal Plan March 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Roast beef, baked vegetables, gravy	31 Honey soy chicken stir fry, Singapore noodles					1 Cold meat and salads
2 Roast chicken, baked vegetables, gravy	3 Beef'n'beans and cornbread	4 Spaghetti, garlic bread	5 Schnitzels, wedges, coleslaw	6 MOO Pizza night	7 Tuna Surprise, salad	8 Pumpkin soup, toasted crumpets
9 Greek style lamb, roasted root vegetables, gravy	10 Fish, chips, coleslaw	11 Baked chicken pieces, sweet potato mash, greens	12 Vegetable Moussaka, salad, bread	13 MOO Pizza night	14 Curried sausages, mash, greens	15 Haystacks
16 Roast chicken, baked vegetables, gravy	17 Quiche, salad, wedges	18 Chicken stew, steamed rice	19 Lamb shanks, mash, beans, corn, carrot, mint gravy	20 MOO Pizza night	21 Pumpkin soup, toasted crumpets	22 Veggie burgers
23 Roast beef, baked vegetables, gravy	24 Nachos	25 Rissoles, sweet potato mash, greens, onion gravy	26 Apricot chicken, savoury rice	27 MOO Pizza night	28 Out for dinner – G's birthday!	29 Omelets

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