

Cath's April 2007 Menu Plan

Cheapskates Journal

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Roast Lamb & veggies	Shepherds pie, carrots, peas, corn	3 French Onion Steak, Mashed Potato, peas, corn	4 Mock fish, chips, coleslaw & green salad	5 Enchiladas	6 Sausage Wellingtons, baked veggies	7 Stuffed potatoes
8 Roast Chicken & veggies	9 Chicken fried rice, spring rolls	10 Italian vegetarian meatballs, pasta	11 Chicken soup, crumpets	12 Gluten parmigiana, veggies	13 Impossible quiche, salad	14 Tacos
15 Roast Lamb & veggies	16 Tuna casserole	17 Lamb rolls	18 Spaghetti bolognese, garlic bread	19 Corn fritters, salad	20 Hamburgers	21 Muffin surprise
22 Roast Chicken & veggies	23 Chicken stir-fry, steamed rice	24 Pasta bake, salad, garlic bread	25 Soup, grilled cheese sandwiches	26 Crockpot casserole	27 Vietnamese rice paper rolls, fried rice	28 Omelets
29 Roast Lamb & veggies	30 Schnitzels, tomato gravy, veggies					