

# Cath's Menu Planner April 2009

This free menu planner was produced by the Cheapskates Club  
[www.cheapskates.com.au](http://www.cheapskates.com.au)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		<i>1 Curried Chicken &amp; steamed rice</i>	<i>2 Sausages, mash, peas, carrot onion gravy</i>	<i>3 Pasta bake, salad, garlic bread</i>	<i>4 Honey soy chicken skewers over fried rice</i>	<i>5 Roast chicken, baked vegetables</i>
<i>6 Fish cakes, salad, potato gems</i>	<i>7 Coconut Curried sausages over steamed</i>	<i>8 Refrigerator lasagna, garlic bread, salad</i>	<i>9 Porcupines, mash, steamed greens</i>	<i>10 Chicken &amp; vegetable soup, toasted muffins</i>	<i>11 Enchiladas, salad</i>	<i>12 Pot roast, baked vegetables, gravy</i>
<i>13 Mexican meatballs, savoury rice</i>	<i>14 Meatloaf, steamed vegetables</i>	<i>15 Beef stir-fry with Singapore noodles</i>	<i>16 Tuna mor-nay</i>	<i>17 Vegeballs &amp; spaghetti</i>	<i>18 Haystacks</i>	<i>19 Roast lamb, baked vegetables</i>
<i>20 Vegetable &amp; bean hot pot</i>	<i>21 Sweet lamb curry, steamed rice</i>	<i>22 Rissoles, vegetables, gravy</i>	<i>23 Schnitzels, tomato gravy, steamed veg</i>	<i>24 Wellington loaf, baked veg</i>	<i>25 Pizza, salad, garlic bread</i>	<i>26 Roast chicken, baked vegetables</i>
<i>27 Spaghetti Bolognese, salad,</i>	<i>28 Beef casse-role, mash, steamed greens</i>	<i>29 Thai fish cakes, fried rice</i>	<i>30 Honey mustard chicken, steamed rice</i>			