

# Cath's Menu Plan April 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Spaghetti Bolognese, green salad, garlic bread	2 Crumbed fish, homemade wedges, coleslaw	3 Tomato soup, grilled cheese muffins
4 Roast leg of lamb, baked veggies & gravy	5 Chicken & Mushrooms over steamed brown rice	6 Sweet lamb curry, rice, homemade naan bread	7 Homemade hamburgers – patty, lettuce, tomato, beetroot, onion, cheese, pineapple, burger sauce	8 Baked Bean Tacos – beans, lettuce, tomato, grated cheese, sour cream	9 Roast chicken pieces, baked potato, peas, corn, carrots	10 Honey soy chicken wings, fried rice
11 Roast chicken, baked veggies & gravy	12 Tuna patties & salad – lettuce, tomato, beetroot, coleslaw, pineapple, carrot, cucumber, curried noodle salad	13 Curried chicken, steamed rice, papadams	14 Schnitzels, mashed potato, beans, pumpkin, tomato gravy	15 Steak, homemade chips & Greek salad	16 Taco salad & corn chips	17 Spaghetti frittata & tossed salad
18 Roast beef, baked veggies, gravy	19 Rissoles, steamed veg and onion gravy	20 Salsa meatloaf, steamed veggies	21 Chicken pie, steamed veggies – peas, corn, carrot, beans	22 Refrigerator lasagne, tossed salad	23 Grilled salmon, steamed rice and salad	24 Quiche (tomato & onion and mushroom), oven chips and salad
25 Roast chicken, baked veggies, gravy	26 Spaghetti & meatballs, garlic bread	27 Sausages, steamed greens, mashed potato & onion gravy	28 Vegetable soup, toasted English muffins	29 Wellington loaf, baked veggies	30 Haystacks	