

Cath's Menu Plan May 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 BBQ steak and tossed salad
2 Roast chicken, baked veggies, gravy	3 Lasagne, tossed salad, garlic bread	4 Chicken cacciatore, mashed potato, peas, corn, carrot	5 Tacos	6 Curried sausages, steamed rice	7 Fish, potato gems, coleslaw	8 Haystacks
9 Greek lamb, baked veggies, mint sauce, gravy	10 Spaghetti Bolognese, garlic bread, green salad	11 Sweet lamb curry*, rice, naan	12 Pot roast, potato, carrot, beans	13 Tandoori chicken, rice, salad	14 Leftover pot roast, scalloped potato, green beans	15 Focaccia, chips, green salad
16 Roast chicken, baked veggies, gravy	17 Hamburgers	18 Chicken fried rice, homemade spring rolls*, sweet chili sauce	19 Schnitzels*, mashed potato, peas, corn, carrots, tomato gravy	20 Corned beef dinner, mash, cabbage, carrots, white sauce	21 Cream cheese patties*, salad, bread stick	22 Quiche and salad
23 Roast beef, baked veggies	24 Veggie pasta bake, tossed salad	25 Pumpkin soup, toasted crumpets	26 Chicken pie, steamed veggies	27 Vegetable moussaka, bread, salad	28 Bread fritters*, mashed potato, greens, gravy	29 Eggs on toast, baked beans
30 Roast chicken, baked veggies, gravy	31 Meatballs*, cream sauce*, mashed potato			*Recipe is in the Cheapskates Club Recipe file		