

Cath's Menu Planner June 2009

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<i>1 Italian Meatballs & spaghetti</i>	<i>2 Fish cakes, potato gems, coleslaw</i>	<i>3 Sloppy Joes, tossed salad</i>	<i>4 Lamb hot pot, mashed potato, steamed greens</i>	<i>5 Schnitzels, tomato gravy, steamed greens</i>	<i>6 Tomato soup, grilled cheese toast</i>	<i>7 Roast Chicken, baked veggies</i>
<i>8 Meatloaf, steamed veggies, gravy</i>	<i>9 Sweet & sour chicken, fried rice</i>	<i>10 Vegetable soup, crumpets</i>	<i>11 Crumbed chicken pieces, baked veggies</i>	<i>12 Fish & Chips, tossed salad</i>	<i>13 Toasted sandwiches</i>	<i>14 Leg of lamb, baked veggies</i>
<i>15 Spinach rolls, tossed salad</i>	<i>16 Sweet lamb curry, steamed rice, naan</i>	<i>17 Salmon steaks, steamed veggies</i>	<i>18 Pasta bake, salad, garlic bread</i>	<i>19 Rissoles, steamed veggies, gravy</i>	<i>20 Homemade pizzas, salad, garlic bread</i>	<i>21 Roast beef, baked veggies</i>
<i>22 Oven baked steak, veggies</i>	<i>23 Sausages, onion gravy, steamed veggies</i>	<i>24 Veggie fritters,</i>	<i>25 Curried tuna slice, salad</i>	<i>26 Kai Si Min, steamed rice</i>	<i>27 Haystacks</i>	<i>28 Roast chicken, baked veggies</i>
<i>29 Casserole, mashed potato, greens</i>	<i>30 Chicken noodle soup, toasted crumpets</i>					