

Cath's Meal Plan June 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Chicken bugers
2 Roast beef, baked vegetables	3 Pasta bake, salad	4 Meatballs, steamed rice	5 Fish cakes, coleslaw, wedges	6 Vegetable soup, toasted crumpets	7 Shepherds Pie, steamed greens, carrots	8 Tacos
9 Roast chicken, baked vegetables	10 Vegetable soup, grilled cheese sandwiches	11 Aunty Mary's Beef Casserole, mash, broccoli	12 Sweet'n'sour chicken over noodles	13 Vegetable Moussaka	14 Rissoles, hot potato salad, beans, carrots	15 Scrambled eggs on toasted muffins
16 Pot roast, potato, carrot, onion, sweet potato, beans	17 Spaghetti bolognaise, garlic bread, salad	18 French Shepherd's pie, broccoli & cauliflower	19 Enchiladas	20 Curried sausages, steamed rice	21 Wellington Loaf, baked vegetables, gravy	22 Macaroni Cheese, salad
23 Roast chicken, baked vegetables	24 Silverside, sweet potato mash, cauliflower, peas	25 Tomato & Lentil soup, toasted crumpets	26 Corned beef hash, cauliflower, broccoli with cheese sauce	27 Chicken casserole	28 Refrigerator Lasagne, garlic bread, salad	29 Hamburgers
30 Greek lamb, garlic & rosemary baked vegetables						

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