

Cath's Menu Plan July 2007

Cheapskates Journal

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Roast beef & vegetables	2 Sausages, onion gravy and vegetables	3 Seasoned lamb chops & baked vegetables	4 Honey Mustard Chicken & vegetables	5 Curried Noodles	6 Soup & toasted muffins	7 Vegetable moussaka
8 Roast Chicken & vegetables	9 Corned beef & vegetables	10 Pasta bake, salad	11 Mexican Meatballs, rice	12 Pizza	13 Curried Sausages & rice	14 Shepherds Pie
15 Roast Lamb & vegetables	16 Crumb chicken & vegetables	17 Refrigerator Lasagne	18 Beef & tomato casserole	19 Stir-fry vegetables with sweet & sour sauce	20 Curried chicken & rice	21 Pizza
22 Roast Chicken & vegetables	23 Chicken fried rice, spring rolls	24 Pasta Bake	25 Chicken noodle soup, cheese toast	26 Fish Pie	27 Tomato soup and English muffins	28 Toasted Sandwiches
29 Roast Lamb & vegetables	30 Rissoles, onion gravy and vegetables	31 Corned beef, mashed potato, peas & corn				

Showing you how to cut the cost of everyday living and still have fun!