

Cath's Menu Plan July 2009

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		<i>1 Crumbed cutlets , steamed veggies, gravy</i>	<i>2 Tuna mor-nay, tossed salad</i>	<i>3 Vegetable soup, crumpets</i>	<i>4 Enchiladas, salad</i>	<i>5 Roast Chicken, baked veggies, gravy</i>
<i>6 Curried sausages & rice</i>	<i>7 Spaghetti Bolognese, salad, garlic bread</i>	<i>8 Easy chicken risotto</i>	<i>9 Honey beef & beans casserole, steamed vegetables</i>	<i>10 Cream cheese patties, steamed vegetables</i>	<i>11 Veggie burgers, salad, wholemeal buns</i>	<i>12 Roast leg of lamb, baked veggies, gravy</i>
<i>13 Black bean beef, fried rice</i>	<i>14 Lasagne, tossed salad</i>	<i>15 Shepherds pie, steamed greens</i>	<i>16 Vegetable moussaka</i>	<i>17 Rissoles, veggies, tomato gravy</i>	<i>18 Tomato & cheese omelets, tossed salad</i>	<i>19 Rolled beef pot roast and veggies</i>
<i>20 Creamy chicken caserole, rice</i>	<i>21 Ricotta & spinach ravioli, tossed salad</i>	<i>22 Roast beef & gravy rolls</i>	<i>23 Salmon quiche, salad</i>	<i>24 Toasted sandwiches</i>	<i>25 Homemade pizzas, salad</i>	<i>26 Baked chicken pieces, veggies, gravy</i>
<i>27 Homemade sausage rolls, potato gems, salad</i>	<i>28 Vegetable pasta bake, salad, garlic bread</i>	<i>29 Honey soy chicken Singapore noodles</i>	<i>30 Schnitzels, veggies, gravy</i>	<i>31 Mexican meatballs</i>		

The Cheapskates Club
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