

Cath's Menu Plan July 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Denotes recipe in Cheapskates Club Recipe file				1 Spaghetti Bolognese, garlic bread, Greek salad	2 Beef Burgundy, hassleback potatoes	3 Tacos
4 Roast chicken, baked veggies, gravy	5 Honey Soy chicken skewers, fried rice	6 Curried sausages, rice, pappadums	7 Vegetable Quiche, tossed salad	8 Spaghetti Bolognese	9 Quiche and salad	10 Pumpkin soup*, toasted crumpets
11 Leg of lamb, baked veggies	12 Tuna surprise	13 Sweet lamb curry, steamed rice, naan	14 Rissoles, steamed veggies, gravy	15 Grilled steak, wedges, salad	16 Chicken casserole, mashed potato, steamed greens	17 Homemade hamburgers
18 Roast beef, baked vegetables, gravy	19 Beef Burgundy, baked potato, steamed greens	20 Chicken Kiev, steamed rice and greens	21 Meatloaf, salad	22 Vegetable curry*, steamed rice, naan*	23 Sausages, mashed potato, peas, corn, cauliflower and onion gravy	24 Fish, wedges, salad
25 Roast chicken, baked veggies, gravy	26 Shepherd's Pie*, steamed veggies	27 Haystacks	28 Chicken and corn soup, sesame toast triangles	29 Refrigerator Lasagne*, salad, bread stick	30 Aunt Mary's casserole*, rice, steamed greens	31 Mac'n'Cheese*