

~ Cath's Meal Plan July 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Roast chicken, stuffing, baked veggies and gravy	<b>2</b> Kransky, hot potato salad, broccoli	<b>3</b> Pasta bake, salad, garlic bread	<b>4</b> Tomato and onion quiche and salad	<b>5</b> Enchiladas	<b>6</b> Fish'n'chips, coleslaw	<b>7</b> Hamburgers
<b>8</b> Roast lamb, baked veggies, gravy, mint sauce	<b>9</b> Sweet lamb curry and rice with naan	<b>10</b> Spaghetti Bolognese, garlic bread, salad	<b>11</b> Rissoles, scalloped potato, broccoli, carrots	<b>12</b> Fish pie, salad	<b>13</b> Steak, eggs and baked beans	<b>14</b> Soup and toasted crumpets
<b>15</b> Roast chicken, baked veggies, gravy	<b>16</b> Schnitzels, mash, steamed greens, tomato gravy	<b>17</b> Mexican lasagna, salad	<b>18</b> Spinach pie, salad, chips	<b>19</b> Silverside, mash, cauliflower & broccoli with cheese sauce, carrots	<b>20</b> Zucchini pie, salad, wedges	<b>21</b> Toasted sandwiches
<b>22</b> Roast beef, baked veggies, gravy	<b>23</b> Moussaka	<b>24</b> Lasagne, salad, bread rolls	<b>25</b> Honey soy stir-fry vegetables, noodles	<b>26</b> Beef casserole and mashed potato	<b>27</b> Italian Vegetarian Meatballs and spaghetti	<b>28</b> Grilled fish, wedges, salad
<b>29</b>	<b>30</b>	<b>31</b>	<b>Notes:</b>			

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