

Cath's Meal Planner July 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Singapore noodles with chicken & vegetables	2 Tuna casserole, steamed rice	3 MOO Pizza	4 Rissoles, mashed potato, beans, cauliflower, carrot, gravy	5 Muffin Surprise
6 Roast beef, baked vegetables, gravy	7 Pumpkin soup, toasted crumpets	8 MOO meat pie, chips, broccoli, gravy	9 Tacos	10 MOO Pizza	11 Sausage casserole, mashed sweet potato, broccoli, corn	12 Toasted sandwiches
13 Roast chicken, baked vegetables, gravy	14 Saturday Night Sour Cream Pasta Bake	15 Chicken casserole, mash, cauliflower, carrot	16 Swiss steak, steamed potato, broccoli, pumpkin	17 MOO Pizza	18 Sloppy Joes, wedges	19 Braised steak and onions on toast
20 Roast lamb, baked vegetables, gravy	21 Curried sausages over steamed rice	22 Fish cakes, wedges, coleslaw	23 French Shepherd's pie, steamed greens, gravy	24 MOO Pizza	25 Lazy Cook's Lasagne	26 Hamburgers
27 Roast chicken, baked vegetables, gravy	28 Corned beef, mashed potato, cabbage, carrots, mustard sauce	29 Meatloaf, mashed potato, peas, corn, cauliflower	30 Schnitzels, potato bake, beans, carrots, tomato gravy	31 MOO Pizza		

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