

# Cath's Menu Plan August 2009

This free menu planner was produced by the Cheapskates Club  
[www.cheapskates.com.au](http://www.cheapskates.com.au)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 Haystacks	2 Roast chicken & veg
3 Spaghetti & meatballs	4 Chicken fried rice, spring rolls*	5 Herb rissoles, steamed veg, gravy	6 <b>Fish Alaska*</b>	7 <b>Company roast*</b> , baked veg	8 Homemade hamburgers	9 Greek lamb & veg
10 Refrigerator Lasagne, tossed salad	11 Lamb souvlaki	12 Swiss schnitzels, steamed veg	13 Enchiladas, tossed salad	14 Cream cheese patties, steamed veg	15 DIY Pizza	16 Roast chicken & veg
17 Pasta bake, tossed salad, garlic bread	18 Sweet & Sour Chicken & noodles	19 Curried sausages, rice	20 Curried tuna slice, tossed salad, wedges	21 Wellington loaf, veg	22 Tacos	23 Roast Beef & veg
24 <b>Mock fish fingers*</b> , wedges, salad	25 Beef casse- role, & mash	26 <b>Mexican meatballs*</b> , steamed rice	27 Crumbed cutlets, steamed veg	28 Honey mus- tard chicken, steamed rice	29 Cheese pan- cakes & salad	30 Roast chicken & veg
31 Deluxe maca- roni cheese,						

The Cheapskates Club  
 Showing you how to live life debt free, cashed up and laughing

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 \* Recipe in Recipe File