

~ Cath's Meal Plan August 2012 ~

| Sun  | Mon   | Tue   | Wed   | Thu   | Fri   | Sat                         |
|--|---|---|---|---|---|-----------------------------|
|  |   |   | <b>1</b> Grilled steak, steamed potato, sweet potato, corn, beans, pepper sauce | <b>2</b> Chicken pie, mash, peas and carrots                                | <b>3</b> Fish cakes, wedges and coleslaw                                | <b>4</b> Mushroom omelettes |
| <b>5</b> Roast beef, baked vegetables and gravy              | <b>6</b> Spaghetti Bolognese, garlic bread, salad                             | <b>7</b> Shepherd's pie, beans, carrots, corn                           | <b>8</b> Rissoles, mash, peas, pumpkin, zucchini, gravy                         | <b>9</b> Schnitzels, tomato gravy, mash, cauliflower, peas and sweet potato | <b>10</b> Sausages, braised cabbage, sweet potato, onion gravy          | <b>11</b> Tacos             |
| <b>12</b> Roast chicken, baked vegetables, gravy             | <b>13</b> Lasagne, tossed salad, garlic bread                                 | <b>14</b> Sweet'n'sour chicken, fried rice                              | <b>15</b> Curried chicken over leftover fried rice                              | <b>16</b> Mexican Meatballs   | <b>17</b> Roast chicken pieces, mash, peas, carrot, corn cobs and gravy | <b>18</b> Hamburgers        |
| <b>19</b> Roast lamb, baked vegetables, mint sauce and gravy | <b>20</b> Apricot Chicken, mashed potato, steamed zucchini, broccoli, carrots | <b>21</b> Moussaka, tossed salad  | <b>22</b> Meatloaf, hassleback potatoes, beans, cauliflower, carrot             | <b>23</b> Tuna Surprise, tossed salad                                       | <b>24</b> Haystacks   | <b>25</b> Soup and toast    |
| <b>26</b> Roast chicken, baked vegetables, gravy             | <b>27</b> Beef casserole over noodles (spatzle)                               | <b>28</b> Homemade pies (using leftover beef casserole from last night) | <b>29</b> Pumpkin soup, cheesy toast  | <b>30</b> Macaroni and cheese, tossed salad                                 | <b>31</b> Bubble and Squeak   | <b>Notes:</b>               |

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[www.cheapskates.com.au](http://www.cheapskates.com.au) [info@cheapskates.com.au](mailto:info@cheapskates.com.au)

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