

Cath's Meal Planner August 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Roast chicken, baked vegetables, gravy					1 Sloppy Joes, wedges,	2 Toasted sandwiches and soup
3 Roast beef, baked vegetables, gravy	4 Hamburgers, wedges	5 Pasta bake, salad, garlic bread	6 Apricot chicken, mash, beans, corn, carrots	7 MOO Pizza	8 Chicken teriyaki, fried rice	9 Tacos
10 Roast chicken, baked vegetables, gravy	11 Curried sausages, rice	12 Schnitzels, mash, pumpkin, beans, tomato gravy	13 Vegetable moussaka, salad, bread	14 MOO Pizza	15 Chilli, corn bread, salad	16 Baked potatoes, coleslaw, cheese
17 Roast lamb, baked vegetables, gravy	18 Curried cauliflower, fried rice	19 French shepherd's pie, broccoli, carrots, corn	20 Rissoles, sweet potato mash, corn, peas	21 MOO Pizza	22 Pot Pies, potato bake, beans, cauliflower, carrot	23 Corn fritters, salsa, salad
24 Roast chicken, baked vegetables, gravy	25 Spaghetti Bolognese, salad	26 Chicken and corn soup, dumplings	27 Lamb shanks, sweet potato mash, beans, carrots	28 MOO Pizza	29 Sausage casserole, mash, carrot, beans	30 Haystacks

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www.cheapskates.com.au info@cheapskates.com.au

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