

# *Cath's September 2006 Menu Planner*

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Roast Lamb & Veggies	4 Spaghetti Bolognese, salad	5 Lamb fritters, veggies & gravy	6 Vegetable Quiche & salad	7 Crumbed Fish, chips, salad	8 Tomato & Bean Soup	9 Toasted Sandwiches, soup
10 Roast Chicken & Veggies	11 Lasagne, salad, garlic bread	12 Sweet & Sour Chicken, stirfry noodles	13 Gluten Schmitzels, veggies	14 Curried Tuna slice, salad	15 Fried Rice	16 Curried Eggs & rice
17 Roast Lamb & Veggies	18 Macaroni Cheese & salad	19 Sweet Lamb Curry, rice	20 Hunza Pie, veggies	21 Salmon patties, salad	22 Sausage casserole	23 Corn Fritters
24 Roast Chicken & Veggies	25 Pasta Bake, salad	26 Chicken & Sweet Corn Soup	27 Vege burgers, salad, wedges	28 Mock Fish Fingers, coleslaw, buns	29 Pie, veggies, gravy	30 Muffin Surprise

*Showing you how to cut the cost of everyday living and still have fun!*