

Cath's Menu Plan September 2009

This free menu planner was produced by the Cheapskates Club
www.cheapskates.com.au

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Roast beef rolls & gravy	2 Herb rissoles, steamed veg, gravy	3 Tuna mornay	4 Beef casse- role, baked veg	5 Muffin sur- prise	6 Roast Beef & veg
7 Spaghetti bolognese	8 Chicken & mushroom crepes, salad	9 Mystery Patties* steamed veg	10 Enchiladas, tossed salad	11 Cream cheese patties, steamed veg	12 Homemade hamburgers	13 Roast chicken & veg
14 Refrigerator Lasagne, tossed salad	15 French Shepherds pie*	16 Curried sausages, rice	17 Salmon quiche, salad	18 Shepherds pie, veg	19 DIY Pizza	20 Greek lamb & baked veg
21 Pasta bake, tossed salad, garlic bread	22 Sausages, onion gravy, mash, greens	23 Pumpkin risotto	24 Baked steak, veg	25 Stuffed drumsticks, veg	26 Tacos	27 Roast chicken & veg
28 Crumbed fish, wedges, salad	29 Vegetable soup, toasted crumpets	30 Lamb hot-pot				

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

© Cheapskates Web Marketing 2009 *Recipe in Recipe File