

# Cath's Meal Planner September 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> BBQ steak, salads	<b>2</b> Cheat's Butter Chicken, steamed rice, MOO naan	<b>3</b> Pasta bake, salad, garlic bread	<b>4</b> MOO Pizza	<b>5</b> Cream cheese patties, tossed salads	<b>6</b> Pumpkin soup, toasted crumpets
<b>7</b> Mustard roast beef, baked vegetables, gravy	<b>8</b> Tuna and rice bake, salad	<b>9</b> Leftover roast beef, scalloped potato, steamed greens and gravy	<b>10</b> Cottage pie, broccoli and cauliflower in cheese sauce	<b>11</b> MOO Pizza	<b>12</b> Chicken pot pies, mashed potato, beans	<b>13</b> Stuffed cob loaf, tossed salad
<b>14</b> Roast chicken, baked vegetables, gravy	<b>15</b> Meatloaf, sweet potato mash, broccoli, carrots	<b>16</b> Sweet'n'sour chicken with fried rice	<b>17</b> Macaroni Cheese, baked pumpkin & sweet potato, peas, carrots & corn	<b>18</b> MOO Pizza	<b>19</b> Homemade fish burgers (fish cake, lettuce, tomato, onion, cheese, tartar sauce) and wedges	<b>20</b> Chicken enchiladas, Spanish rice
<b>21</b> Greek style roast lamb, rosemary & garlic veggies, gravy, mint sauce	<b>22</b> Vegetable lasagne, garlic bread, salad	<b>23</b> Sweet lamb curry, rice, papadams	<b>24</b> Spinach & Ricotta ravioli, tomato sauce, salad	<b>25</b> MOO Pizza	<b>26</b> Fish cakes, wedges, coleslaw	<b>27</b> Hamburgers
<b>28</b> Roast chicken, baked vegetables, gravy	<b>29</b> Corned beef, mashed potato, greens	<b>30</b> Spaghetti bolognese, salad, garlic bread				

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