

# Cath's Menu Plan September 2010

This free menu planner produced by the Cheapskates Club - [www.cheapskates.com.au](http://www.cheapskates.com.au)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Stuffed rissoles, mash, corn, broccoli, gravy	2 Homemade chicken enchiladas, seasoned rice, green salad	3 Company roast, hassleback potato, beans & almonds	4 Toasted sandwiches – tomato, cheese & onion -chicken, cheese & pineapple
5 Roast lamb, baked veggies, gravy	6 Shepherd's Pie, steamed greens	7 Spinach & ricotta lasagne with tomato sauce, tossed salad, garlic bread	8 Chicken parmigiana, wedges, salad	9 BBQ sausages, salad, hot dog rolls	10 Swedish meatballs, mash, gravy	11 Hot dogs – buns, hot dogs, onion, grated cheese, mustard, sauce
12 Roast chicken, baked veggies, gravy	13 Vegetable quiche, tossed salads, wholemeal dinner rolls	14 Tuna pasta bake, tossed salad, bread stick	15 Chicken fried rice, homemade spring rolls, dipping sauce – thick soy, sweet chili	16 Meatloaf, steamed veggies, tomato gravy	17 Muffin Surprise	18 Tacos and salad
19 Mustard crusted roast beef, baked veggies	20 Vegetable soup, toasted crumpets	21 Spaghetti Bolognese, tossed salad, garlic pizza	22 Pan fried roast beef & cheese sandwiches, salad	23 Schnitzels, scalloped potato & carrot, fresh beans, corn cobettes	24 Spicy chicken wings and fried rice	25 Stuffed potatoes – coleslaw, grated cheese, spring onion, sour cream
26 Roast chicken, baked veggies, gravy	27 Italian vegetarian meatballs, mashed potato, green beans and peas	28 Cannelloni, tossed salad, herb & cheese bread	29 Curried chicken, steamed rice, homemade naan bread	30 Cream cheese patties, salads and bread stick		