

Cath's Menu Plan October 2006

www.cheapskates.com.au

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Roast Chicken & veg	2 Curried Tuna Slice & salad	3 Chicken & Potato Cutlets	4 Spaghetti, garlic bread, salad	5 Scotch Eggs, Salad	6 Meatloaf, gravy & veg	7 Toasted Sandwiches & Soup
8 Roast Lamb & veg	9 Fishcakes, gems & cole-slaw	10 Shepherds Pie & Veg	11 Pasta Bake, garlic bread, salad	12 Vegetable Quiche	13 Rissoles, gravy & veg	14 Muffin Surprise
15 Roast Chicken & veg	16 Mock Fish Fingers, chips, salad	17 Curried Chicken & Noodles	18 Lasagne, garlic bread, salad	19 Swiss Gluten Schnitzels, tomato sauce	20 Mum's Meat Pie, Veg	21 Omelets & Salad
22 Roast Lamb & veg	23 Salmon Quiche & salad	24 Lamb Roll-ups	25 Spaghetti Carbonara (vegetarian)	26 Wellington Loaf & baked veg, gravy	27 Tacos	28 Curried Eggs
29 Roast Chicken & veg	30 Homemade Fish & Chips, salad	31 Chicken Pie & Veg				