

Cath's Menu Plan October 2009

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Ravioli, tomato sauce, tossed salad	2 Tomato soup, toasted cheese sandwiches	3 BBQ	4 Greek lamb, baked veg
5 Grilled chops, steamed veg, gravy	6 Tomato & onion quiche* , tossed salad	7 Rissoles, steamed veg, gravy	8 Grilled salmon fillets, tossed salad	9 Crispy chicken strips* , wedges,	10 Toasted sandwiches	11 Roast chicken, baked veg
12 Lamb souvlaki, salad	13 Honey soy drumsticks, fried rice	14 Lasagne, salad, garlic bread	15 Grilled steak, steamed veg	16 Toad in the hold	17 Calzones, tossed salad	18 Roast Beef, baked veg
19 Spaghetti Bolognese, garlic bread, salad	20 BBQ steak, steamed veg	21 Schnitzels, tomato gravy, steamed veg	22 Savoury mince, mash, greens	23 Spinach ricotta slice, tossed salad	24 DIY kebabs	25 Roast chicken, baked veg
26 Fish fingers, tossed salad, wedges	27 Pasta bake, tossed salad, garlic bread	28 Sausage casserole, mash, greens	29 Sweet lamb curry, steamed rice	30 Hamburgers	31 Mango chicken* , steamed rice	