

~ Cath's Meal Planner October 2012 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Steak, mashed potato, cauliflower with cheese sauce, peas, corn	2 Spaghetti bolognaise	3 Tuna Surprise	4 Honey mustard chicken, savoury rice	5 Thai fish cakes, salad	6 Tacos
7 Greek lamb, rosemary & garlic baked veggies, gravy	8 Fried rice	9 Slow cooker lamb shanks, mash, beans, carrots	10 Sausages, mashed potato, peas, corn, carrots, onion gravy	11 Refrigerator lasagna, garlic bread, salad	12 Barbecued salmon with lemon & dill dressing, fried potato cubes and fresh asparagus	13 Chicken pot pie, salad, gems
14 Roast chicken, baked vegetables, gravy	15 Grilled lamb chops, steamed potato, broccoli, carrots	16 Schnitzels, tomato gravy, wedges and coleslaw	17 Curried chicken, fried rice	18 Pepper steak, whole jacket potatoes with sour cream, green beans	19 Nachos	20 Pizza and garlic bread
21 Pot roast with potatoes, carrots, onions, beans and gravy	22 Rissoles, mashed potato, sweet potato chunks, corn cobs, peas	23 Silverside, mash, cabbage, carrots, beans, white sauce	24 Smoked chicken salad, wedges	25 Cream cheese patties, tossed salad	26 Chicken meatloaf, baked veggies, gravy	27 Enchiladas
28 Roast lamb, baked veggies, gravy and mint sauce	29 Pumpkin soup, toasted crumpets	30 Sweet lamb curry, fried rice	31 Meatballs with tomato sauce, yellow mash	Notes:		

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