

Cath's Meal Plan October 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Spaghetti bolognese, salad, garlic bread	2 Sweet lamb curry, rice	3 MOO Pizza Night	4 Meatloaf, sweet potato mash, corn, beans, tomato gravy	5 Chicken enchiladas
6 Greek lamb, rosemary baked vegetables, beans	7 BBQ chops with salads and bread rolls	8 Spinach & ricotta lasagne, salad, garlic bread	9 Lamb wraps with salad	10 MOO Pizza Night	11 Sausage wellingtons, baked potatoes, pumpkin, beans	12 Hamburgers
13 Roast chicken, baked vegetables, peas, gravy	14 Grilled fish, wedges, coleslaw	15 Tomato pasta bake, salad, garlic bread	16 Rice patties with baked vegetables, beans, gravy	17 MOO Pizza Night	18 Vegetable curry, steamed rice, MOO naan	19 Toasted sandwiches
20 Mustard roast beef, baked vegetables, gravy	21 Cream cheese patties, salads and bread rolls	22 Creamy mushroom spaghetti, salad, garlic bread	23 Rissoles, mash, carrots, beans, onion gravy	24 MOO Pizza Night	25 Roast beef and gravy rolls	26 Haystacks
27 Roast chicken, baked vegetables, gravy	28 Curried tuna slice, salad	29 Tortellini in tomato sauce, salad, garlic bread	30 Chicken fried rice	31 MOO Pizza Night		

© The Cheapskates Club 2013

www.cheapskates.com.au info@cheapskates.com.au

This free printable was produced by the Cheapskates Club for personal use only
Do not reprint, reproduce or republish without written permission