

Menu Planner January 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Cath's Menu Plan February 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Salmon patties, wedges with sour cream, green salad	2 Spaghetti Bolognese, tossed salad, garlic bread	3 Apricot chicken, mashed potato, steamed greens	4 Swiss meatballs, noodles, cream sauce	5 Sausage wellingtons, baked potatoes, steamed greens	6 Pizza, garlic bread, salad
7 Roast chicken, baked vegetables, homemade gravy	8 Saucy sausages, hot potato salad, noodles	9 Pasta bake, tossed salad	10 Chicken enchiladas, tossed salad	11 Schnitzels, steamed veggies, tomato gravy	12 *Stuffed cob loaf, tossed salad	13 Hamburgers
14 Roast beef, baked vegetables, gravy	15 Steak and salad	16 Cream cheese patties, salad	17 Homemade meat pie, baked vegetables, steamed greens, gravy	18 Sweet lamb curry, rice, homemade naan bread	19 Mushroom omelets	20 Chicken, cheese & pineapple focaccia, side salad
21 Roast chicken, baked vegetables, gravy	22 Mini meatloaves, mashed potato, steamed greens	23 Crumbed fish, potato gems, coleslaw	24 Sweet and sour chicken, fried rice	25 Homemade KFC, coleslaw, potato salad, green salad	26 Vegetable quiche, tossed salad, bread stick	27 Haystacks, side salad
28 BBQ leg of lamb, baked vegetables, gravy, mint sauce						

Cath's Menu Plan March 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Honey Soy Chicken Wings & Fried Rice	2 Spaghetti Bolognese, tossed salad & garlic bread	3 Mum's meatloaf*, mashed potato, steamed greens & homemade gravy	4 Fish, chips and green salad	5 Tandoori lamb chops, saffron rice and green salad	6 Tacos
7 Roast chicken, baked veggies, gravy	8 Schnitzels, steamed veg, tomato gravy	9 Sweet & sour chicken, fried rice	10 Quiche and salad	11 Lamb cutlets, mashed potato, steamed greens	12 Baked pumpkin risotto	13 Homemade hamburgers
14 Greek style leg of lamb, rosemary & garlic baked veggies, mint sauce & gravy	15 Refrigerator lasagne*, tossed salad, garlic bread	16 Lamb wraps	17 Vege balls*, pasta and salad	18 Rissoles, steamed greens, mashed potato & onion gravy	19 BBQ kransky & hot potato salad	20 Cheese omelets with tomato, onion, zucchini sour cream sauce
21 Roast chicken, baked veggies & gravy	22 Sausage casserole, mashed potato	23 Butter chicken, saffron rice, homemade naan	24 Chicken & mushroom crepes, tossed salad	25 Cream cheese patties, salad, bread stick	26 Fish Alaska**, tossed salad	27 Enchiladas, tossed salad
28 Pot roast & veggies, homemade gravy	29 Steak & sautéed potato, steamed greens	30 Aunty Mary's beef casserole*, steamed rice	31 Sloppy Joes*		*Recipe in Cheapskates Recipe File **Recipe from Symply Too Good to be True Book 1	

Cath's Menu Plan April 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Spaghetti Bolognese, green salad, garlic bread	2 Crumbed fish, homemade wedges, coleslaw	3 Tomato soup, grilled cheese muffins
4 Roast leg of lamb, baked veggies & gravy	5 Chicken & Mushrooms over steamed brown rice	6 Sweet lamb curry, rice, homemade naan bread	7 Homemade hamburgers – patty, lettuce, tomato, beetroot, onion, cheese, pineapple, burger sauce	8 Baked Bean Tacos – beans, lettuce, tomato, grated cheese, sour cream	9 Roast chicken pieces, baked potato, peas, corn, carrots	10 Honey soy chicken wings, fried rice
11 Roast chicken, baked veggies & gravy	12 Tuna patties & salad – lettuce, tomato, beetroot, coleslaw, pineapple, carrot, cucumber, curried noodle salad	13 Curried chicken, steamed rice, papadams	14 Schnitzels, mashed potato, beans, pumpkin, tomato gravy	15 Steak, homemade chips & Greek salad	16 Taco salad & corn chips	17 Spaghetti frittata & tossed salad
18 Roast beef, baked veggies, gravy	19 Rissoles, steamed veg and onion gravy	20 Salsa meatloaf, steamed veggies	21 Chicken pie, steamed veggies – peas, corn, carrot, beans	22 Refrigerator lasagne, tossed salad	23 Grilled salmon, steamed rice and salad	24 Quiche (tomato & onion and mushroom), oven chips and salad
25 Roast chicken, baked veggies, gravy	26 Spaghetti & meatballs, garlic bread	27 Sausages, steamed greens, mashed potato & onion gravy	28 Vegetable soup, toasted English muffins	29 Wellington loaf, baked veggies	30 Haystacks	

Cath's Menu Plan May 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 BBQ steak and tossed salad
2 Roast chicken, baked veggies, gravy	3 Lasagne, tossed salad, garlic bread	4 Chicken cacciatore, mashed potato, peas, corn, carrot	5 Tacos	6 Curried sausages, steamed rice	7 Fish, potato gems, coleslaw	8 Haystacks
9 Greek lamb, baked veggies, mint sauce, gravy	10 Spaghetti Bolognese, garlic bread, green salad	11 Sweet lamb curry*, rice, naan	12 Pot roast, potato, carrot, beans	13 Tandoori chicken, rice, salad	14 Leftover pot roast, scalloped potato, green beans	15 Focaccia, chips, green salad
16 Roast chicken, baked veggies, gravy	17 Hamburgers	18 Chicken fried rice, homemade spring rolls*, sweet chili sauce	19 Schnitzels*, mashed potato, peas, corn, carrots, tomato gravy	20 Corned beef dinner, mash, cabbage, carrots, white sauce	21 Cream cheese patties*, salad, bread stick	22 Quiche and salad
23 Roast beef, baked veggies	24 Veggie pasta bake, tossed salad	25 Pumpkin soup, toasted crumpets	26 Chicken pie, steamed veggies	27 Vegetable moussaka, bread, salad	28 Bread fritters*, mashed potato, greens, gravy	29 Eggs on toast, baked beans
30 Roast chicken, baked veggies, gravy	31 Meatballs*, cream sauce*, mashed potato			*Recipe is in the Cheapskates Club Recipe file		

Cath's Menu Plan June 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Refrigerator Lasagne, tossed salad, garlic bread	2 Honey mustard chicken, mashed potato, steamed greens	3 Homemade Pizza, tossed salad, garlic twists	4 Wellington loaf, baked vegetables	5 Pumpkin soup, toasted crumpets
6 Pot roast, potato, carrots, steamed beans	7 Tuna mornay	8 Sloppy Joes (use leftover pot roast)	9 Fish, potato wedges, coleslaw	10 Rissoles, potato, carrots, corn cobs, peas with onion gravy	11 Italian vegetarian meatballs, spaghetti, tossed salad	12 Haystacks
13 Leg of lamb, baked vegetables, gravy	14 Enchiladas	15 Sweet lamb curry, steamed rice, naan bread	16 Vegetable soup, toasted cheese muffins	17 French steak, steamed vegetables, cheese sauce	18 Quiche, salad, bread sticks	19 Homemade hamburgers
20 Roast chicken, baked vegetables, gravy	21 Fish cakes, salad, potato gems	22 Sweet'n'sour chicken, fried rice	23 Curried sausages, steamed rice	24 Aunt Mary's casserole, mashed potato, beans	25 Tomato and lentil soup, toasted muffins	26 Hot dogs, coleslaw
27 Roast beef, baked vegetables, gravy	28 Spaghetti Bolognese, tossed salad, garlic bread	29 Leftover beef in gravy, steamed vegetables	30 Apricot chicken, fried rice			

Cath's Menu Plan July 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Denotes recipe in Cheapskates Club Recipe file				1 Spaghetti Bolognese, garlic bread, Greek salad	2 Beef Burgundy, hassleback potatoes	3 Tacos
4 Roast chicken, baked veggies, gravy	5 Honey Soy chicken skewers, fried rice	6 Curried sausages, rice, pappadums	7 Vegetable Quiche, tossed salad	8 Spaghetti Bolognese	9 Quiche and salad	10 Pumpkin soup*, toasted crumpets
11 Leg of lamb, baked veggies	12 Tuna surprise	13 Sweet lamb curry, steamed rice, naan	14 Rissoles, steamed veggies, gravy	15 Grilled steak, wedges, salad	16 Chicken casserole, mashed potato, steamed greens	17 Homemade hamburgers
18 Roast beef, baked vegetables, gravy	19 Beef Burgundy, baked potato, steamed greens	20 Chicken Kiev, steamed rice and greens	21 Meatloaf, salad	22 Vegetable curry*, steamed rice, naan*	23 Sausages, mashed potato, peas, corn, cauliflower and onion gravy	24 Fish, wedges, salad
25 Roast chicken, baked veggies, gravy	26 Shepherd's Pie*, steamed veggies	27 Haystacks	28 Chicken and corn soup, sesame toast triangles	29 Refrigerator Lasagne*, salad, bread stick	30 Aunty Mary's casserole*, rice, steamed greens	31 Mac'n'Cheese*

Cath's Menu Plan August 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast chicken, baked veggies, gravy	2 Homemade chicken parmigiana, steamed veggies	3 Enchiladas with homemade refried beans, tossed salad	4 Spaghetti and meatballs, garlic bread, tossed salad	5 Homemade fish cakes, potato gems, coleslaw	6 Rissoles, steamed vegetables, gravy	7 Homemade hamburgers
8 Roast lamb, baked veggies, gravy, mint sauce	9 Meatloaf, mashed potato, steamed greens	10 Sweet lamb curry, steamed rice, homemade naan bread	11 Crumbed sausages, sweet potato mash, steamed greens	12 Vegetable soup, toasted muffins	13 Pizza, garlic bread, salad	14 Haystacks
15 Pot roast, potatoes, carrots, beans	16 Spaghetti Bolognese, tossed salad, garlic bread	17 Sloppy Joes (use leftover pot roast)	18 Quiche, salad	19 Fish, chips, coleslaw	20 Toasted sandwiches, tomato soup	21 Homemade sausage rolls
22 Roast chicken, baked veggies, gravy	23 *Aunty Mary's casserole, mashed potato, greens	24 Curried chicken & rice, papadams	25 Refrigerator lasagne, wedges, tossed salad	26 *Fish Alaska, green salad	27 Italian sausage casserole, wholemeal rolls	28 Muffin Surprise
29 Roast lamb, baked veggies, gravy, mint sauce	30 Chicken cacciatore	31 Shepherd's pie, steamed pumpkin & sweet potato, greens				

Cath's Menu Plan September 2010

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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		

Cath's Menu Plan October 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Grilled steak, steamed veggies	2 Tacos, green salad
3 Roast beef, baked vegetables	4 Oven baked crumbed chicken, scalloped potatoes, steamed greens	5 Spaghetti Bolognese, tossed salad, garlic bread	6 Cream cheese patties, steamed veggies & cheese sauce	7 Aunt Mary's beef casserole, mashed potato	8 Curried tuna slice, salad (coleslaw, potato, green)	9 Homemade hamburgers
10 Roast chicken, baked vegetables, gravy	11 Grilled steak, steamed veggies, mushroom sauce	12 Vegetable pasta bake, green salad, bread stick	13 Baked chicken parmigiana, tossed salads, bread rolls	14 Lemon grilled fish, homemade wedges, coleslaw	15 Wellington loaf*, hassleback potato, steamed greens	16 Muffin surprise
17 Leg of lamb on bbq, baked rosemary & garlic veggies, mint sauce & gravy	18 Schnitzels, steamed veggies, tomato gravy	19 Vegetable lasagne, green salad, garlic & herb bread	20 BBQ chops, tossed salad	21 Honey Beef & Beans*, steamed rice	22 French steak, steamed veggies	23 Homemade pie & chips, green salad
24 Mustard crusted roast beef, baked veggies, gravy	25 Tomato & onion quiche, salads	26 Spaghetti Pie, green salad, mini garlic pizzas	27 Crumbed sausages, vegetables and gravy	28 Chicken Tetrizzini*, green salad	29 Mixed Vegetable Curry*, steamed rice, homemade naan*	30 Homemade Baked Beans Supreme*, fresh bread rolls
31 Roast seasoned chicken, baked potato & pumpkin, steamed greens, pan gravy	*Recipes for dishes marked with an asterisk are in the Recipe File					

Cath's Menu Plan November 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rissoles, onion gravy, mashed potato, peas, corn, carrots	2 Spaghetti carbonara, tossed salad, garlic bread	3 Apricot chicken, steamed rice with peas	4 Crumbed steak, tossed salad	5 Thai fish cakes, salad	6 Chicken fried rice, spring rolls with sweet'n'sour sauce
7 Roast beef, baked vegetables, gravy	8 Peanut rice patties, salad	9 Cold slice beef (left from Sunday), coleslaw and fresh wholemeal rolls	10 Mexican meatballs, savoury rice	11 Butter chicken, savoury rice, naan bread, green salad	12 Honey soy chicken wings, noodle salad	13 Homemade pizza pockets
14 Greek lamb, baked vegetables	15 Fish cakes, wedges, coleslaw, homemade tartare sauce	16 Sweet lamb curry, rice, papadams	17 Steak, steamed vegetables (potato, zucchini, corn)	18 Chicken enchiladas	19 Bread fritters, potato casserole, steamed beans & carrots, gravy	20 Muffin surprise
21 Roast chicken, baked vegetables, gravy	22 BBQ sausages, salad	23 Spaghetti Bolognese	24 Homemade KFC, coleslaw, mashed potato, peas & gravy	25 Meatloaf, mashed potato, steamed greens	26 Vegetable moussaka, Greek salad	27 Haystacks
28 Roast lamb, baked veggies, gravy, mint sauce	29 Corn fritters, wedges, salad with homemade tomato sauce	30 Tandoori lamb chops, savoury rice, green salad				

Cath's Menu Plan December 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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