

Cath's Meal Planner November 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Roast chicken, baked vegetables, broccoli, gravy						1 Hot Dogs, coleslaw
2 Roast chicken, baked vegetables, broccoli, gravy	3 Grilled Steak, moussaka, corn cobs	4 Spaghetti, garlic bread, salad	5 Sausages, salad	6 MOO Pizza	7 Schnitzels, steamed veg, tomato gravy	8 Hannah's Haystacks
9 Roast beef, baked veggies, steamed greens, gravy	10 Tandoori chicken, salad, naan	11 Cold roast beef & salad	12 Satay Lamb kebabs, salad	13 MOO Pizza	14 Shepherd's pie, steamed veg	15 Stuffed spuds (cheese, coleslaw, spring onion, sour cream)
16 Roast chicken, baked vegetables, broccoli, gravy	17 Mock fish, wedges & salad	18 Chicken fried rice	19 Italian meatballs, salad, garlic bread	20 MOO Pizza	21 Cheesy Meatloaf, vegetables	22 Soft Tacos
23 Roast beef, baked veggies, steamed greens, gravy	24 Honey mustard chicken, mashed potato, steamed greens	25 Slow cooker pot roast	26 Steak & salad	27 MOO Pizza	28 Honey soy chicken wings, fried rice	29 Crumbed fish, coleslaw, wedges

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