

Cath's Menu Plan December 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tuna patties, potato salad and green salad	2 Apricot chicken & steamed savoury rice	3 BBQ steak, Greek salad, fresh bread rolls	4 Haystacks
5 Roast beef, baked vegetables, gravy	6 Cream cheese patties, green salad & coleslaw	7 Roast beef toasted sandwiches, oven wedges & sour cream	8 Mock spaghetti carbonara, tossed salad, fresh rolls	9 Individual vegetable quiche, green salad	10 Mexican meatballs, savoury rice, homemade tortillas	11 Homemade hamburgers with the lot
12 Roast chicken, baked vegetables, gravy	13 BBQ kransky, hot potato salad, coleslaw	14 Sweet-n-sour chicken, fried rice	15 Rissoles, mashed potato, steamed carrots & beans	16 Refrigerator Lasagne, tossed salad, garlic bread	17 Chicken & mushroom vol au vents, French fries and green salad	18 Baked bean tacos
19 Greek style lamb, baked vegetables, mint sauce and gravy	20 Individual meatloaves, potato casserole, steamed carrots & beans	21 Lamb kebabs, lettuce, tomato, onion, tabouli, garlic sauce, homemade pita	22 Schnitzels, leftover potato casserole & veggies, tomato gravy	23 Mexican lasagne, tossed salad, homemade tortillas	24 BBQ steak & salad	25 Christmas Dinner Roast seasoned chicken, baked potato, pumpkin & onion, glazed carrots, cauliflower & cheese sauce, almond beans, gravy, cranberry sauce. Plum pudding, ice-cream & custard.
26 Leftovers!	27 BBQ honey soy chicken wings, fried rice	28 Fish, chips & coleslaw	29 Singapore noodle stir-fry, honey soy sauce	30 Chicken sausages, salad, fresh bread	31 BBQ, salads, fresh bread	