

Cath's Menu Plan January 2010

This menu plan produced by the Cheapskates Club www.cheapskates.com.au

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Leftovers and salad, French bread	2 BBQ, salads, garlic bread
3 Greek lamb, herb roasted vegetables, gravy and mint sauce	4 Vegetarian Tacos	5 Spaghetti Bolognese, tossed salad, garlic bread	6 Lemon fish fillets, homemade wedges, coleslaw	7 Homemade pita pizzas, salad	8 Rissoles, steamed vegetables and gravy	9 *Haystacks
10 Mustard coated beef roast, baked potatoes, onion, carrot, peas, corn	11 *Company roast meatloaf, mashed potato, gravy	12 Honey soy chicken wings, fried rice	13 Steak and salad	14 Salmon quiche, tossed salad	15 *Cream cheese patties, tossed salad	16 Enchiladas, rice salad
17 Roast Chicken & Veggies, gravy	18 Fish cakes, potato gems, tossed salad	19 Sausages, steamed veggies	20 Tuna slice, salads	21 Corned beef, mashed potato, greens	22 Lasagne, tossed salad, garlic bread	23 Homemade hamburgers
24 BBQ leg of lamb, herb baked veggies, gravy	25 Corned beef hash, tossed salad	26 BBQ lamb chops, salad, pavlova for dessert	27 Sweet lamb curry, steamed rice	28 BBQ rissoles, salad	29 *Muffin Surprise	30 Tomato & mushroom omelets
31 Roast Beef, baked vegetables, gravy					*Recipe is in Recipe File	