

Cath's Meal Plan January 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Barbecue, salad, bread rolls	2 Fish cakes, wedges, sour cream, salad	3 Tomato & onion quiche, salad, bread rolls	4 Sausages, salad, bread	5 Tacos
6 Greek lamb, baked veggies, gravy	7 Cream cheese patties, salad	8 Sweet lamb curry, steamed rice	9 Moussaka, tossed salad, bread rolls	10 Chicken shnitzels, gems, salad	11 Steak, chips, salad	12 Hamburgers
13 Roast chicken, baked veggies, gravy	14 Steak, salad, bread rolls	15 Chicken & mushroom spaghetti, tossed salad	16 Curried tuna slice, salad, bread rolls	17 Rissoles with onion gravy, baked potato, steamed greens	18 Sausages, salad, bread	19 Toasted sandwiches
20 Mustard roast beef, baked veggies, gravy	21 Pasta bake, tossed salad	22 Chicken enchiladas, green salad	23 Spring rolls & fried rice	24 Fish pie, salad	25 Satay chicken, rice, naan	26 BBQ, salads, bread rolls
27 Roast chicken, baked veggies, gravy	28 Steak, salad, bread rolls	29 Italian Vegetarian meatballs, spaghetti	30 Stuffed cob loaf, salad	31 Honey soy chicken stir-fry, noodles		

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

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