

# Cath's Menu Plan February 2010

This free menu planner produced by the Cheapskates Club - [www.cheapskates.com.au](http://www.cheapskates.com.au)

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						