

Cath's Meal Plan February 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Thai Green Curry with steamed rice	2 Hamburgers
3 Roast chicken, baked veggies, gravy	4 Crumbed steak and salad	5 Ricotta & roasted capsicum tortellini in tomato sauce	6 Shepherd's pie, steamed greens, pumpkin	7 Tacos	8 Honey soy baked chicken pieces, fried rice	9 Chicken & mushroom pancakes, salad
10 Roast beef, baked veggies, gravy	11 Rissoles, salad	12 Quiche, salad	13 Lasagne, tossed salad, garlic bread	14 Wellington loaf, baked vegetables, gravy	15 Fish cakes, wedges, coleslaw	16 MOO Pizza
17 Roast lamb, baked veggies, gravy	18 Spaghetti bolognese, salad	19 Lemon chicken, fried rice	20 Schnitzels, steamed veggies, tomato gravy	21 Grilled steak, salad	22 Sausages in rolls with balsamic onions	23 Chicken pot pie, salad, wedges
24 Roast chicken, baked veggies, gravy	25 Spinach & Ricotta Lasagne Roll-ups	26 Bacon and Zucchini Carbonara, salad	27 Chicken Cordon Bleu Casserole, side salads	28 Tandoori Lamb Chops, side salad, naan		

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