

Cath's Meal Plan March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Leftovers and salad, French bread	2 Tacos
3 Roast Chicken	4 BBQ, salads, garlic bread	5 Lasagne & salad	6 Rissoles, steamed vegetables and gravy	7 MOO Pizza	8 Fish, wedges, salad	9 Haystacks
10 Roast Beef	11 Honey soy chicken wings, fried rice	12 Pasta Carbonara, salad	13 Chicken Parma, wedges, salad	14 MOO Pizza	15 *Cream cheese patties, tossed salad	16 Cheesy Filled & Grilled Quesadillas
17 Roast Chicken	18 Fish cakes, potato gems, tossed salad	19 Gnocchi & garlic bread	20 Sausages, steamed veggies	21 MOO Pizza	22 *Muffin Surprise	23 Hot Dogs
24 Roast Lamb	25 Corned beef, mashed potato, greens	26 Spag Bol, salad, garlic bread	27 Lemon fish fillets, homemade wedges, coleslaw	28 MOO Pizza	29 BBQ rissoles, salad	30 Hamburgers
31 Roast Chicken						

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