

# Cath's Meal Plan March 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Penny Pinching Pan Pizza	2 Lemon chicken, steamed rice
3 Roast chicken, baked vegetables	4 Italian Stuffed Cob Loaf with tossed salad	5 Spinach & ricotta tortellini in tomato sauce	6 Schnitzel, wedges and salad	7 Honey soy beef stir fry over steamed ric	8 Toasted sandwiches	9 Chicken & bean enchiladas
10 Roast beef, baked vegetables	11 Fish burgers	12 Spaghetti bolognese, salad, garlic bread	13 Satay chicken wings, fried rice	14 Sausage Wellingtons, potato bake, steamed greens	15 Spicy meatloaf with mushroom gravy, vegetables	16 Quiche and salad
17 Roast chicken, baked vegetables	18 Spinach Macaroni and salad	19 Rissoles, vegetables, onion gravy	20 Honey soy chicken skewers, steamed rice	21 Baked potatoes, coleslaw, cheese, spring onion	22 Crumbed fish, wedges, coleslaw	23 Meat pie, vegetables
24 Roast lamb, baked vegetables	25 Spaghetti & meatballs, tomato sauce, garlic bread	26 Vegetable korma, rice, naan	27 Garlic chicken, tossed salad	28 Ricotta cabbage rolls in tomato sauce	29 Curried tuna slice, tossed salad	30 Peppered beef pita pockets
31 Roast chicken, baked vegetables						

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