

Cath's April 2006 Menu Plan

Cheapskates Journal

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Roast Lamb & veggies	3 Apricot Chicken & Veggies	4 Curried Lamb & Veggies, Rice	5 Spaghetti, Garlic Bread, Salad	6 Veg. Wellington Loaf & Veggies	7 Mock Fish Fingers, Potato Gems, Salad	1 Toasted Sandwiches & Soup
9 Roast Chicken & Veggies	10 Italian Vegetarian Meatballs	11 Stir-fry noodles, chicken & veggies	12 Chicken Soup, Crumpets	13 Out for Dinner—Wedding	14 Salmon Quiche, Salad	8 Hamburgers
16 Roast Lamb & Veggies	17 Shepherd's Pie, Greens, Corn	18 Lamb Kebabs, hummus, tabouli	19 Spaghetti, Garlic Bread, Salad	20 Mexican Lasagne, Salad	21 Tuna Mornay, Salad	15 Tacos
23 Roast-Chicken & Veggies	24 Peanut Rice Rissoles, Salad	25 Sweet n Sour Chicken, Fried Rice	26 Fish Cakes, Wedges, Salad	27 Soup & Toasted Sandwiches	28 Out for Dinner	22 Muffin Surprise
30 Roast Lamb & Veggies						29 Spaghetti, Garlic Bread &