

Cath's Meal Planner April 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Chicken casserole over rice	2 Fish fingers, chips, coleslaw	3 Moo Pizza Night	4 Sweet'n'sour chicken and noodles	5 Enchiladas
6 Roast beef, baked vegetables, gravy	7 Pasta Bake, salad	8 Meatloaf, sweet potato mash, steamed greens	9 Curried beef pies, MOO wedges	10 Moo Pizza Night	11 Vegetable Soup and toast	12 Tomato soup, grilled cheese toast
13 Roast chicken, baked vegetables, gravy	14 Rice patties, salad	15 Satay beef over steamed rice	16 Pumpkin Soup and toast	17 Moo Pizza Night	18 Quiche, MOO wedges, salad	19 Fried rice, spring rolls, sweet chilli sauce
20 Roast lamb, baked vegetables, gravy	21 Chilli, cornbread	22 Honey mustard chicken, steamed veggies	23 Rissoles, sweet potato mash, greens, onion gravy	24 Moo Pizza Night	25 Fish, wedges, coleslaw	26 Haystacks
27 Roast chicken, baked vegetables, gravy	28 Beef casserole, mash, greens	29 Grilled steak, potato bake, greens	30 Curried sausages, mash, steamed greens			

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