

# Cath's Menu Plan May 2007

## Cheapskates Journal

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Sweet Lamb Curry, steamed rice	2 Spaghetti, garlic bread, salad	3 Tacos	4 Meat pie, vegies, mushroom gravy	5 Toasted Sandwiches	
6 Roast Chicken & Veggies	7 Schnitzels, veggies, tomato gravy	8 Sweet & sour chicken, rice	9 Refrigerator Lasagne, salad, garlic bread	10 French onion steak, vegies	11 Mock fish fingers, potato gems, coleslaw	12 Muffin Surprise
13 Roast Lamb & Veggies	14 Cream cheese patties, salad	15 Shepherds pie, veggies	16 Ravioli, garlic bread, green salad	17 Lemon Chicken, fried rice	18 Enchiladas	19 Omelettes
20 Roast Chicken & Veggies	21 Company roast, veggies	22 Chicken & mushroom risotto, salad	23 Macaroni Cheese, salad, garlic bread	24 Hamburgers, potato gems	25 Tuna surprise	26 Soup & Crumpets
27 Roast Lamb & Veggies	28 Vegetable quiche, salad, garlic bread	29 Lamb fritters, veggies	30 Vego pasta bake, garlic bread, salad	31 Mexican Lasagne		

Cheapskates Journal—

Showing you how to cut the cost of everyday living and still have fun!

© Cheapskates Journal 2004–2007 [www.cheapskates.com.au](http://www.cheapskates.com.au)