

Cath's Menu Planner May 2009

This free menu planner was produced by the Cheapskates Club
www.cheapskates.com.au

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Fish & chips, coleslaw	2 Tacos	3 Beef with mustard crust, roast veggies
4 Honey mustard chicken, steamed rice & greens	5 Beef slices in gravy, steamed veggies	6 Spaghetti Bolognese, salad, garlic bread	7 Beef casse- role, mash, peas	8 Wellington loaf, steamed veggies	9 Muffin Sur- prise	10 Leg of lamb, roast veggies
11 Pasta bake, salad, garlic bread	12 French shepherds pie, steamed greens	13 Stuffed drumsticks, baked veggies	14 Baked bean curry, steamed rice, pap- padums	15 Mexican meatballs, rice	16 Haystacks	17 Roast Chicken, veg- gies
18 Schnitzels, tomato gravy, steamed veg- gies	19 Chicken en- chiladas, salad	20 Curried tuna slice, tossed salad	21 Honey soy stir-fry, Singa- pore nootdles	22 Refrigerator lasagna, tossed salad, garlic bread	23 Homemade hamburgers	24 Leg of lamb, roast veggies
25 Cream cheese patties, salad	26 Lamb ke- babs	27 Homemade mac'n'cheese, salad, bread	28 Vegetable soup, toasted crumpets	29 Rissoles, steamed veg- gies, gravy	30 Boston baked beans on English muffins	31 Pot roast, veggies