

# Cath's Meal Plan May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Kransky & Hot Potato Roast Beef	2 Cheesy Filled & Grilled Quesadillas
3 Roast Beef	4 Curried Sausages, rice, naan	5 Ravioli in Tomato Sauce	6 Cottage Pie	7 MOO Pizza	8 Tuna Casserole, salad	9 Steak Sandwiches
10 Roast Chicken	11 Mock Fish, Chips, Salad	12 Mexican Lasagne	13 Stir-fry with left-over chicken & rice	14 MOO Pizza	15 Italian Vegetarian Meatballs, pasta	16 Haystacks
17 Roast Lamb	18 Honey Mustard Chicken	19 Pasta Bake	20 Pizza Meatloaf, wedges, salad	21 MOO Pizza	22 Vegetable Moussaka	23 Omelettes
24 Roast Chicken	25 Corned Beef & cabbage	26 Spaghetti & Meatballs	27 Sweet'n'Sour Chicken, fried rice	28 MOO Pizza	29 Mexican Lasagne, Salad	30 Muffin Surprise
31 Roast Beef						

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