

# Cath's June 2006 Menu Planner

## Cheapskates Journal

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 Roast Lamb & Veggies	5 Tuna Casserole, Salad	6 Sweet Lamb Curry & Rice	7 Spaghetti, Salad, Garlic Bread	8 Schnitzels & Tomato Gravy, Veggies	9 Vegetarian Sweet & Sour, Fried Rice	10 Muffin Surprise
11 Roast Chicken & Veggies	12 Veggie Quiche, Salad	13 Chicken & Mushroom Pasta, Salad	14 Singapore Noodles	15 Hamburgers	16 Sausages & Hot Potato Salad	17 Mexican Lasagne
18 Roast Lamb & Veggies	19 Mock Fish Fingers, Wedges, Salad	20 Lamb Fritters, Veggies & Gravy	21 Shepherds Pie & Veggies	22 Curried Sausages	23 Mini Salmon Pies	24 Soup & Crumpets
25 Roast Chicken & veggies	26 Chicken Stir-fry	27 Pasta Bake & Salad	28 Soup & Toasted Sandwiches	29 Crockpot Casserole	30 Vegetable Pie, Veggies & Gravy	

Cheapskates Journal—

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