

Cath's Menu Plan June 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Refrigerator Lasagne, tossed salad, garlic bread	2 Honey mustard chicken, mashed potato, steamed greens	3 Homemade Pizza, tossed salad, garlic twists	4 Wellington loaf, baked vegetables	5 Pumpkin soup, toasted crumpets
6 Pot roast, potato, carrots, steamed beans	7 Tuna mornay	8 Sloppy Joes (use leftover pot roast)	9 Fish, potato wedges, coleslaw	10 Rissoles, potato, carrots, corn cobs, peas with onion gravy	11 Italian vegetarian meatballs, spaghetti, tossed salad	12 Haystacks
13 Leg of lamb, baked vegetables, gravy	14 Enchiladas	15 Sweet lamb curry, steamed rice, naan bread	16 Vegetable soup, toasted cheese muffins	17 French steak, steamed vegetables, cheese sauce	18 Quiche, salad, bread sticks	19 Homemade hamburgers
20 Roast chicken, baked vegetables, gravy	21 Fish cakes, salad, potato gems	22 Sweet'n'sour chicken, fried rice	23 Curried sausages, steamed rice	24 Aunty Mary's casserole, mashed potato, beans	25 Tomato and lentil soup, toasted muffins	26 Hot dogs, coleslaw
27 Roast beef, baked vegetables, gravy	28 Spaghetti Bolognese, tossed salad, garlic bread	29 Leftover beef in gravy, steamed vegetables	30 Apricot chicken, fried rice			