

# Cath's July 2006 Menu Planner

## Cheapskates Journal

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Roast Lamb & Veggies	3 Lamb roll-ups	4 Tuna Surprise	5 Left-over Lamb in gravy	6 Spaghetti, Salad, Garlic Bread	7 Fish, Chips & salad	8 Soup & Toasted Sandwiches
9 Roast Chicken & veggies	10 Corned Beef, & cabbage	11 Sweet & Sour Chicken, Fried Rice	12 Corned Beef Hash	13 Crockpot Casserole	14 Salmon Pasta Bake & Salad	15 Singapore Noodles
16 Roast Lamb & Veggies	17 Mexican Lasagne	18 Vegetable Quiche & salad	19 Spaghetti, Salad, Garlic Bread	20 Lamb rissoles & veggies	21 Sweet Chili Tofu & Fried Rice	22 Soup & Toasted Sandwiches
23 Roast Chicken & veggies	24 Shepherds Pie & Veggies	25 Curried Chicken & Noodles	26 Rissoles, gravy & veggies	27 Hannah's Birthday—out for dinner	28 Soup & Toasted Sandwiches	29 Hamburgers
30 Roast Lamb & Veggies	31 Pasta Bake & Salad					

*Cheapskates Journal—  
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