

Cath's Meal Plan July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Beef Black Bean, stir-fry noodles	2 Pasta Carbonara, salad	3 Fish, wedges, salad	4 MOO Pizza	5 Haystacks	6 Soup & Crumpets
7 Roast Chicken	8 Meatballs, mash, cream sauce	9 Gnocchi & garlic bread	10 Aunty Mary's Beef Casserole, mash	11 MOO Pizza	12 Sausage rolls, party pies	13 Hot Dogs
14 Roast Lamb	15 Chicken curry, rice	16 Spag Bol, salad, garlic bread	17 Pumpkin risotto	18 MOO Pizza	19 Tuna Surprise	20 Hamburgers
21 Roast Chicken	22 Fish, wedges, salad	23 Spinach Ricotta Lasagne, salad	24 Vegetable curry, rice, naan	25 MOO Pizza	26 Sausage & veg casserole	27 Leftover Roast Pies
28 Roast Beef	29 Vegetable Moussaka	30 Veggie Pasta Bake, salad	31 Chicken casserole	Notes:		

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