

Cath's Menu Plan August 2010

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Roast chicken, baked veggies, gravy	2 Homemade chicken parmigiana, steamed veggies	3 Enchiladas with homemade refried beans, tossed salad	4 Spaghetti and meatballs, garlic bread, tossed salad	5 Homemade fish cakes, potato gems, coleslaw	6 Rissoles, steamed vegetables, gravy	7 Homemade hamburgers
8 Roast lamb, baked veggies, gravy, mint sauce	9 Meatloaf, mashed potato, steamed greens	10 Sweet lamb curry, steamed rice, homemade naan bread	11 Crumbed sausages, sweet potato mash, steamed greens	12 Vegetable soup, toasted muffins	13 Pizza, garlic bread, salad	14 Haystacks
15 Pot roast, potatoes, carrots, beans	16 Spaghetti Bolognese, tossed salad, garlic bread	17 Sloppy Joes (use leftover pot roast)	18 Quiche, salad	19 Fish, chips, coleslaw	20 Toasted sandwiches, tomato soup	21 Homemade sausage rolls
22 Roast chicken, baked veggies, gravy	23 *Aunty Mary's casserole, mashed potato, greens	24 Curried chicken & rice, papadams	25 Refrigerator lasagne, wedges, tossed salad	26 *Fish Alaska, green salad	27 Italian sausage casserole, wholemeal rolls	28 Muffin Surprise
29 Roast lamb, baked veggies, gravy, mint sauce	30 Chicken cacciatore	31 Shepherd's pie, steamed pumpkin & sweet potato, greens				