

# Cath's Meal Plan August 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <a href="#">Macaroni Beef Hot Pot</a> *	2 Soup and Crumpets	3 Saturday Night Sour Cream Noodle Bake
4 Roast Lamb, baked veggies, gravy, mint sauce	5 Schnitzels, scalloped potato, beans, mushroom gravy	6 Shepherd's pie, cauliflower, pumpkin, corn	7 Fish cakes, wedges, salad, tartare sauce	8 Corn fritters, salad	9 Curried Sausages, rice	10 Tacos
11 Roast chicken, baked veggies, gravy	12 Spaghetti and meatballs, garlic bread	13 Chicken burritos with coriander rice	14 Rissoles, mash, beans, corn, pumpkin, onion gravy	15 Moussaka, salad, bread rolls	16 Vegetable curry, rice, naan	17 Muffin Surprise
18 Roast beef, baked veggies, gravy	19 Sweet chilli chicken fingers, fried rice	20 Roast beef, mash, peas, corn, carrots, broccoli, gravy	21 <a href="#">Cream cheese patties</a> *, salad	22 Meat pie, sweet potato mash, peas, corn	23 Wellington loaf, baked veggies, gravy	24 Baked bean jaffles
25 Roast chicken, baked veggies, gravy	26 Fish'n'chips, coleslaw	27 Sweet'n'sour chicken, fried rice	28 Nut rice rissoles, salad	29 <a href="#">Refrigerator Lasagne</a> , salad, garlic bread	30 <a href="#">Pumpkin Pasta with Fresh Vegetable Sauce</a> *	31 Soup and toasted sandwiches

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