

Cath's Meal Plan August 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|---|---------------------------------|---------------------------------------|-----------------|---|---------------------|
| 1 Roast Chicken | 2 Lancashire Hot Pot, greens | 3 Pasta Bake | 4 Chicken Fried Rice, Spring Rolls | 5 MOO Pizza | 6 Carrot Nut Loaf, gravy, mash | 7 Tacos |
| 8 Roast Beef | 9 Schnitzels, potato bake, green salad | 10 Mexican Lasagne, salad | 11 Sloppy Joes | 12 MOO Pizza | 13 Fish, potato gems, coleslaw | 14 Soup & Toast |
| 15 Roast Chicken | 16 Mexican Meatballs | 17 Spinach Ricotta Canelloni | 18 Sweet'n'Sour chicken | 19 MOO Pizza | 20 Mock Schnitzels, tomato gravy, mash | 21 Enchiladas |
| 22 Roast Lamb | 23 Creamy Chicken casserole | 24 Spag Bol | 25 Shepherd's Pie | 26 MOO Pizza | 27 Soup & toast | 28 Meatball Subs |
| 29 Roast Chicken | 30 Curried sausages | 31 Refrigerator Lasagne | | | | |
| | | | | | | |

©The Cheapskates Club

www.cheapskatesclub.net

Free printable for personal use only. Do not reprint, reproduce or republish without written permission