

Cath's Menu Plan September 2008

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Enchiladas	2 *Vegetable Lasagne, tossed salad	3 Tomato & Onion Pie , tossed salad	4 Sweet Lamb Curry, steamed rice	5 Zucchini Slice, salad	6 Hamburgers	7 Roast Chicken & baked vegetables
8 *Fish Alaska	9 Spaghetti Bolognese, tossed salad	10 *Chicken & Vegetable Pie, steamed greens	11 Schnitzels, tomato gravy, steamed veg	12 Mushroom & Parmesan Risotto	13 Stuffed Potatoes	14 Roast lamb & baked vegetables
15 *Shepherds Pie, steamed greens	16 Pasta Bake, tossed salad	17 Tuna Surprise	18 Curried Sausages , steamed rice	19 Wellington Loaf, baked vegetables	20 Haystacks	21 Roast chicken & baked vegetables
22 Thai fish cakes, oven chips, salad	23 Sweet & Sour Chicken, rice	24 Mexican Lasagne, tossed salad	25 Curried Nut Croquets , steamed vegetables	26 Company Roast, steamed vegetables, gravy	27 *Pumpkin Soup	28 Roast Lamb & *Baked Vegetables
29 Bean & Vegetable Hot Pot	30 Oven Baked Apricot Chicken, vegetables		* Recipe from <i>Symply Too Good To Be True Cookbooks 1—5</i>	Bolded —recipe in <i>On The Menu September 2008</i>		

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