

## Cath's Meal Plan September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 MOO Pizza	2 Apricot Chicken, mash, veggies	3 Scrambled Eggs on toast
4 Roast Lamb	5 Swedish Meatballs, mash, cream sauce, cranberry jelly	6 Slowcooker stroganoff, noodles, veggies	7 Chicken pie, broccoli, cauliflower, carrots	8 MOO Pizza	9 Meatball Sliders	10 Soup and crumpets
11 Roast Chicken	12 Moussaka	13 Slowcooker Chicken Tikka, rice, salad	14 Spag bol, salad, garlic bread	15 MOO Pizza	16 Zucchini Slice, veggies, gravy	17 Hamburgers
18 Roast Beef	19 Fish cakes, salad, wedges	20 Schntizel, mash, veggies, tomato gravy	21 MOO KFC, mash, coleslaw, gravy	22 MOO Pizza	23 Soup and toast	24 Tacos
25 Roast Chicken	26 Rissoles, veggies, mash, onion gravy	27 Beef casserole, mash, veggies	28 Chicken Chilli, corn bread	29 MOO Pizza	30 Soup, toasted cornbread	<b>Notes:</b>

©The Cheapskates Club

[www.cheapskatesclub.net](http://www.cheapskatesclub.net)

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