

Cath's Menu Plan October 2007

cheapskates.com.au

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 <i>Shepherds pie, ratatouille</i>	2 <i>Spaghetti, salad, garlic bread</i>	3 <i>Chicken fried rice, homemade spring rolls</i>	4 <i>Pizza & salad</i>	5 <i>Wellington loaf, veggies</i>	6 <i>Muffin Surprise</i>	7 <i>Roast Lamb & veggies</i>
8 <i>Sweet lamb curry, rice, padams</i>	9 <i>Pasta bake, salad, garlic bread</i>	10 <i>Mexican meatballs, rice, tortillas</i>	11 <i>Thai fish cakes, salad</i>	12 <i>Company Roast, potato bake, peas, corn</i>	13 <i>Tacos</i>	14 <i>Roast Chicken & veggies</i>
15 <i>Honey soy chicken stir-fry</i>	16 <i>Refrigerator lasagne, salad, garlic bread</i>	17 <i>Mock Fish, wedges, salad</i>	18 <i>Homemade vegetable pies</i>	19 <i>Italian meatballs, tomato sauce over spiral noodles</i>	20 <i>Hot Dogs</i>	21 <i>Roast & Lamb veggies</i>
22 <i>Lamb fritters, vegetables, gravy</i>	23 <i>Vegetable pasta bake, salad, garlic bread</i>	24 <i>Enchiladas</i>	25 <i>Curried tuna slice, homemade wedges, salad</i>	26 <i>Schnitzels, tomato gravy, veggies</i>	27 <i>Soup & Sandwiches</i>	28 <i>Roast Chicken & Veggies</i>
29 <i>Cream cheese rissoles, salad</i>	30 <i>Chicken & mushroom pasta bake, salad</i>	31 <i>Tuna surprise</i>				

*The Cheapskates Club—
Showing you how to cut the cost of everyday living and still have fun!*

© Cheapskates Web Marketing 2007