

Cath's Menu Plan October 2008

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
		<i>1 Mock fish, wedges & salad</i>	<i>2 Crumbed cutlets, steamed veg, tomato sauce</i>	<i>3 Wellington loaf, baked vegetables</i>	<i>4 Kebabs with salad, tabouli, hommos</i>	<i>5 Greek style roast lamb, garlic & rosemary veg</i>
<i>6 Honey mustard chicken, mashed potato, steamed greens</i>	<i>7 Vegetable pasta bake, salad, garlic bread</i>	<i>8 Sweet lamb curry, steamed rice</i>	<i>9 Impossible quiche, potato gems, salad</i>	<i>10 Italian vegetarian meatballs, tomato sauce, spiral noodles</i>	<i>11 Tacos</i>	<i>12 Portuguese style chicken, baked veg</i>
<i>13 Chicken & vegetable risotto</i>	<i>14 Spaghetti pie, tossed green salad</i>	<i>15 Sweet & sour chicken, fried rice</i>	<i>16 Meatloaf, steamed vegetables, mushroom gravy</i>	<i>17 Carrot nut loaf, steamed vegetables</i>	<i>18 Muffin Surprise</i>	<i>19 Pot Roast with potato, carrot, onion, parsnip</i>
<i>20 Chicken parmigiana, salad, french fries</i>	<i>21 Refrigerator lasagne, Greek salad</i>	<i>22 Roast beef & gravy sandwiches, salad</i>	<i>23 French steak, vegetables</i>	<i>24 Schnitzels, potato & pumpkin bake, tomato gravy</i>	<i>25 Haystacks</i>	<i>26 Roast lamb, baked veg, mint gravy</i>
<i>27 Chicken & mushroom pie, steamed vegetables</i>	<i>28 Mexican lasagne, tossed salad</i>	<i>29 Lamb fritters, steamed vegetables, gravy</i>	<i>30 Fried rice, dim sim, spring rolls, sweet chili & soy sauces</i>	<i>31 Vegetable Moussaka, tossed Greek salad</i>		

*The Cheapskates Club -
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