

Cath's Menu Plan November 2010

This free menu planner produced by the Cheapskates Club - www.cheapskates.com.au

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rissoles, onion gravy, mashed potato, peas, corn, carrots	2 Spaghetti carbonara, tossed salad, garlic bread	3 Apricot chicken, steamed rice with peas	4 Crumbed steak, tossed salad	5 Thai fish cakes, salad	6 Chicken fried rice, spring rolls with sweet'n'sour sauce
7 Roast beef, baked vegetables, gravy	8 Peanut rice patties, salad	9 Cold slice beef (left from Sunday), coleslaw and fresh wholemeal rolls	10 Mexican meatballs, savoury rice	11 Butter chicken, savoury rice, naan bread, green salad	12 Honey soy chicken wings, noodle salad	13 Homemade pizza pockets
14 Greek lamb, baked vegetables	15 Fish cakes, wedges, coleslaw, homemade tartare sauce	16 Sweet lamb curry, rice, papadams	17 Steak, steamed vegetables (potato, zucchini, corn)	18 Chicken enchiladas	19 Bread fritters, potato casserole, steamed beans & carrots, gravy	20 Muffin surprise
21 Roast chicken, baked vegetables, gravy	22 BBQ sausages, salad	23 Spaghetti Bolognese	24 Homemade KFC, coleslaw, mashed potato, peas & gravy	25 Meatloaf, mashed potato, steamed greens	26 Vegetable moussaka, Greek salad	27 Haystacks
28 Roast lamb, baked veggies, gravy, mint sauce	29 Corn fritters, wedges, salad with homemade tomato sauce	30 Tandoori lamb chops, savoury rice, green salad				