

Cath's Meal Planner October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lasagne, wedges, coleslaw	2 Moo Pizza	3 Chicken enchiladas	4 Toasted sandwiches
5 Roast chicken, baked vegetables, cauliflower & cheese sauce, gravy	6 Fish cakes, wedges, salad	7 Spaghetti, salad, garlic bread	8 Chicken schnitzel, Smashed Spuds, peas, corn, broccoli	9 Moo Pizza	10 Honey soy chicken sticks, fried rice	11 Hamburgers
12 Roast lamb, baked vegetables, broccoli, corn, gravy	13 Stuffed chicken legs, sweet potato mash, broccoli, corn, carrots, gravy	14 Lamb curry and rice	15 Sloppy Joes	16 Moo Pizza	17 Tandoori lamb chops, salad, naan	18 Taco salad
19 Roast chicken, baked vegetables, steamed greens, gravy	20 Tuna Surprise and tossed salad	21 Spaghetti & meatballs, salad, garlic bread	22 Vegetable moussaka, tossed salad, bread stick	23 Moo Pizza	24 Nachos	25 BBQ sausages and salad
26 Roast beef, baked vegetables, broccoli & cauliflower, gravy	27 Pasta bake, salad, bread stick	28 Honey mustard chicken, steamed rice	29 Beef stroganoff, noodles	30 Moo Pizza	31 Grilled fish, chips, salad	Notes:

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