

Cath's Meal Plan October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Corn fritters, salad
2 Roast Lamb	3 Shepherd's Pie, veggies	4 Sausages & onion gravy, mash, veggies	5 Chicken pot pie, veggies	6 MOO Pizza	7 Meatloaf, mash, gravy, veggies	8 Grilled cheese sandwiches, soup
9 Roast Chicken	10 Parmas, wedges, salad	11 Moussaka	12 Spag bol, salad, garlic bread	13 MOO Pizza	14 Tuna casserole	15 Scrambled Eggs on toast
16 Roast Beef	17 Herbed meatballs over spaghetti, salad	18 BBQ chicken with black beans	19 Kransky in bbq sauce, potato bake	20 MOO Pizza	21 Peanut Rice rissoles, salad	22 Soup and toast
23 Roast Chicken	24 Curried sausages, steamed rice	25 Chicken cacciatore	26 Cheesy Tuna Pasta Bake	27 MOO Pizza	28 Sour Cream Chicken Pasta Bake	29 Omelettes
30 Roast Lamb	31 Spag bol, salad, garlic bread	Notes:				

©The Cheapskates Club

www.cheapskatesclub.net

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