

# Cath's Menu Plan November 2009

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 Roast lamb, baked veg
2 Haystacks	3 Refrigerator lasagna, tossed salad	4 Chicken kiev, steamed rice, greens	5 BBQ, salad	6 Sausage wellingtons, potato bake, greens	7 BBQ, tossed salad, fresh bread stick	8 Roast chicken, baked veg
9 Steak & salad	10 Tuna surprise, bread stick, salad	11 Grilled stead, steamed veg	12 Grilled sausages, salad, fresh bread	13 Mini meatloaves, steamed veg, gravy	14 Homemade sausage rolls, tossed salad	15 Roast beef, baked veg
16 Fishcakes, coleslaw, wedges	17 Macaroni cheese, tossed salad	18 Corned beef, cabbage, carrots, mash	19 Pan toasted roast beef sandwiches	20 Company roast, baked veg, gravy	21 DIY Pizza	22 Roast chicken, baked veg
23 Pie, peas, chips, gravy	24 Mock white-bait, potato gems, salad	25 Chops and steamed veg	26 Corned beef pie*, salad	27 Schnitzels, mash, mushroom gravy	28 Muffin Surprise	29 Greek lamb, herb baked veg
30 Seasoned rissoles, steamed veg						

The Cheapskates Club  
 Showing you how to live life debt free, cashed up and laughing

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