

# Cath's Meal Planner November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Beef & Broccoli Stir-fry	<b>2</b> Honey mustard chicken, mash & greens	<b>3</b> MOO Pizza	<b>4</b> Toasted Sandwiches	<b>5</b> BBQ sausages, salad
<b>6</b> Roast Chicken	<b>7</b> Stroganoff, noodles	<b>8</b> Rissoles & salad	<b>9</b> Chicken and rice	<b>10</b> MOO Pizza	<b>11</b> Hamburgers	<b>12</b> Toasted sandwiches
<b>13</b> Roast Beef	<b>14</b> BBQ chops, potato bake	<b>15</b> Tuna Pasta bake, salad	<b>16</b> Sausage casserole, mash, veggies	<b>17</b> MOO Pizza	<b>18</b> Grilled Chicken Enchiladas, salad	<b>19</b> Muffin Surprise
<b>20</b> Roast Chicken	<b>21</b> Lasagne, salad	<b>22</b> Butter chicken, steamed rice, naan	<b>23</b> Tacos	<b>24</b> MOO Pizza	<b>25</b> Honey Soy chicken wings, rice, salad	<b>26</b> Roast beef & gravy sandwiches
<b>27</b> Roast Lamb	<b>28</b> Chicken pie, veggies	<b>29</b> Fish, wedges, salad	<b>30</b> Honey Mustard Chicken, rice	<b>Notes:</b>		

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