

Cath's Menu Plan December 2009

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

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Pasta bake, tossed salad, garlic bread	2 Honey mustard chicken, steamed rice	3 Chicken risotto*	4 Impossible pie & tossed salad	5 Calzones	6 Roast Chicken, baked veg
7 Corned beef, cabbage, carrots, mash	8 Corn fritters, tossed salad	9 Stuffed cob loaf* , tossed salad	10 BBQ, salad	11 Cream cheese patties* , tossed salad	12 Sausage sandwiches	13 Roast beef, baked veg
14 BBQ steak & salad, fresh bread	15 Meatloaf, tomato gravy, mash	16 Chipped beef fritters, tossed salad	17 Crumbed fish, wedges, coleslaw	18 Homemade hamburgers	19 Tacos	20 Roast chicken, baked veg
21 Grilled sausages, tossed salad	22 Schnitzels, steamed veg, tomato gravy	23 Chicken fried rice, spring rolls	24 BBQ & salad, fresh bread	25 Christmas Dinner	26 Leftovers!	27 Roast lamb, baked veg
28 Lamb fritters, tossed salad	29 Apricot chicken* , steamed rice	30	31 BBQ, salads, fresh bread			