

MEAL PLANNING

DATE: _____

The Resourceful Mama Week #18	MAIN DISH	SIDE	SIDE	SIDE	OTHER
SUNDAY	Barbecue Chicken	Corn on Cob	Coleslaw	Peaches	
MONDAY	Spaghetti & Meat Sauce	Salad	Breadsticks		
TUESDAY	Teriyaki Salmon	Mashed Potatoes	Steamed Asparagus/Green Beans	Pears	
WEDNESDAY	Sloppy Joes	French Fries	Veggies & Ranch	Apple Slices	
THURSDAY	Baked Orange Chicken Meatballs	Steamed Rice	Broccoli		
FRIDAY	Tacos	Refried Beans	Chips & Salsa		
SATURDAY	Grilled Brats/Hot Dogs	Potato Salad	Macaroni & Cheese	Strawberries	