

Monthly Meal Plan



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|--|---|--|--|--|---|---|
| Week #1 | Shake N Bake Pork Chops Mashed Potatoes Green Beans Tossed Salad | Chili Corn Bread | Slow Cooker Cola Chicken Mashed Potatoes Puffs Green Beans | Tacos Refried Beans Chips & Salsa | Baked Salmon Steamed Rice Steamed Broccoli | Sloppy Joes Butter Noodles Corn Fruit | Chicken Strips Macaroni & Cheese Veggies & Ranch |
| Week #2 | Shrimp Scampi Steamed Rice Caesar Salad | Chicken Noodle Soup Grilled Cheese Carrot Sticks Apple Slices | Slow Cooker Beef Stew Rolls | Spaghettis & Meatballs Tossed Salad Garlic Bread | Ham Steak Cheesy Potatoes Corn | Barbecue Meatballs Butter Noodles Peas Fruit | Enchiladas Refried Beans Corn |
| Week #3 | Oven Roasted Sausage & Potatoes Tossed Salad | Hamburger Gravy Mashed Potatoes Green Beans Peaches | Slower Cooker Pulled Pork Baked Beans French Fries | Beef Taco Bake Corn Tossed Salad Peaches | Baked Orange Chicken Meatballs Steamed Rice Steamed Broccoli | Homemade Pizza Tossed Salad | Cheeseburgers French Fries Peas Fruit |
| Week #4 | Baked Manicotti Tossed Salad Garlic Bread | Tomato Soup Grilled Cheese Apple Slices | Slow Cooker Pot Roast w/ Potatoes & Carrots Rolls | Baked Chicken Parmesan Spaghetti w/tomato sauce Caesar Salad | Shepherd's Pie Rolls Tossed Salad | Chicken Quesadillas Mexican Rice Chips & Salsa | Baked Teriyaki Chicken Steamed Rice Broccoli |