

Monthly Meal Plan



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week #1	Fried Cube Steak Mashed Potatoes Green Beans	Pigs in a Blanket Macaroni & Cheese Apple Slices	Taco Braid Refried Beans Chips & Salsa	Slow Cooker Loaded Potato Soup Salad French Bread	Baked Teriyaki Chicken Meatballs Steamed Rice Pineapple	Fettuccine Alfredo w/Chicken Caesar Salad Breadsticks	Pizza Quesadillas Veggies & Ranch Grapes & Strawberries
Week #2	Potato & Ham Casserole Tossed Salad	Steak Sandwich Chips Strawberries	Taco Soup Chips & Guacamole	Ground Beef Stroganoff Spinach Salad Peaches	Baked Fish French Fries Waldorf Salad	Cheesy Spinach Stuff Shells Tossed Salad Garlic Bread	Ranch Chicken Roasted Vegetables
Week #3	Fried Chicken Mashed Potatoes Corn on the Cob Rolls	Hot Ham & Cheese Sandwiches Veggies & Ranch Orange Slices	Chicken Fajita Bake Corn Mexican Rice	Slow Cooker White Bean & Ground Turkey Chili	Shrimp Scampi Steamed Rice Steamed Broccoli	Spaghetti & Meat Sauce Tossed Salad Breadsticks	Cheeseburger Mac Peas Tossed Salad
Week #4	Grilled Pork Chops Baked Sweet Potatoes Applesauce	Chicken Strips French Fries Veggies & Ranch Orange Slices	Night Before Taco Bake Guacamole	Meatloaf Mashed Potato Puffs Green Beans	Broccoli Beef Steamed Rice Pears	Pizza Bake Carrots & Celery Fresh Fruit	Goulash Cornbread Salad