

Monthly Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week #1	Lasagna Caesar Salad Garlic Bread	Baked Cheddar Dijon Chicken Strips Butter noodles Fresh Fruit	Beef Taco Bake Corn Peaches	Slow Cooker Chicken Pot Pie Salad	Teriyaki Salmon Steamed Rice Steamed Broccoli	Homemade Pizza Tossed Salad	Sloppy Joes French Fries Peas Fresh Fruit
Week #2	Meatloaf Mashed Potatoes Green Beans	Grilled Cheese Tomato Soup Carrot Sticks	Breakfast for dinner Pancakes Scrambled Eggs Sausage Fresh Fruit	Slow Cooker Ravioli Tossed Salad Breadsticks	Crab Cake Corn Casserole Pears	Baked Orange Chicken Steamed Rice Steamed Broccoli	Grilled Brats Mac n Chz Pasta Salad
Week #3	Pork Tenderloin Sweet Potato Bites Green Beans Rolls	Chili Cheese Hot Dogs Tator Tots Carrot Sticks	Chicken Stir Fry Steamed Rice	Slow Cooker French Dip Sandwiches Fresh Veggies	Shepard's Pie Peaches Rolls	Linguine Shrimp Scampi Caesar Salad	Cheeseburgers French Fries Fresh Fruit
Week #4	Ham Scalloped Potatoes Green Bean Casserole Rolls	Sausage Cheese Balls Corn on the Cob Fresh Fruit	Ham & Cheese Roll ups Pasta Salad Fresh Fruit	Slow Cooker Chicken Tacos Avocado Salad Mexican Rice	Baked Fish Coleslaw Peas Pears	Pepper Steak Steamed Rice	Grilled Chicken Sandwich Pasta Salad Fresh Fruit

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