

# Monthly Meal Plan!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meatballs, salad, bread	Beef tacos, cowboy caviar	Blueberry muffins, smoothies, bacon and egg muffin bites	Goat salad, naan	Chicken and noodles, salad	Loaded baked potatoes, fruit, brussels	Burgers, roasted veg.
Pesto chicken and angel hair, bread, fruit	Quesadillas, chips and salsa/queso	Indian chicken, naan	Roasted turkey or chicken, corn casserole, broccoli	Beef stew, bread	Greek chicken, cucumber salad, naan	Salmon, roasted veg.
Spaghetti with bolognese, salad, bread	Beef tacos, cowboy caviar	Baked oatmeal, smoothies, bacon and egg muffin bites	Goat salad, naan	Chicken and noodles, salad	Loaded baked potatoes, fruit, brussels	Pulled pork nachos, roasted veg.
Lasagna, salad	Taco soup	Indian chicken, naan	Roasted turkey or chicken, corn casserole, broccoli	Chicken and tortellini soup, bread	Greek chicken, cucumber salad, naan	Fried chicken tenders, roasted veg.

**Breakfast:** Choice of eggs and bacon, yogurt parfait, or butter toast

**Lunch:** Choice of panini, charcuterie, or leftovers