

Monthly Meal Plan!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meatballs, salad, bread	Fried tacos and green sauce	Homemade muffins, smoothies, thingamajigs	Soup or chili, grilled cheese	Chicken and noodles, salad	Stuffed baked potatoes, fruit	Buffalo chicken and loaded tater tots
Creamy tomato and beef pasta, salad	Beef tacos, guac and chips	Indian chicken, rice, naan	Roasted turkey, corn casserole, broccoli	Salisbury steak, roasted vegetables, bread	Greek chicken, cucumber salad, taziki, naan	Hawaiian roll sandwiches, fruit, chips
Spaghetti with bolognese, salad, bread	Fried tacos and green sauce	Baked oatmeal, smoothies, thingamajigs	Goat salad, naan	Salmon, roasted vegetables, bread	Shepherd's pie or Chicken pot pie	Buffalo chicken and loaded tater tots
Garlic and gruyere chicken with brussels, bread	Beef tacos, charro beans	Indian chicken, rice, naan	Roasted turkey, corn casserole, broccoli	Burgers and avocado corn salad	Greek chicken, cucumber salad, taziki, naan	Fried chicken tenders, roasted vegetables

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

Lunch: Choice of panini, charcuterie, or leftovers