

## April 2019 Meal Plan — Southern Savers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b> Frozen meatballs, pasta sauce, pasta, broccoli	<b>4</b> <a href="#">Sausage shrimp stir fry</a> , rice	<b>5</b> <a href="#">Chicken alfredo roll-ups</a> , green beans	<b>6</b> <a href="#">Slow cooker hawaiian meatballs</a> , vegetable
<b>7</b> <a href="#">Sausage gravy and biscuits</a> , scrambled eggs, fruit	<b>8</b> <a href="#">Crispy chicken thighs</a> , mashed potatoes, vegetable	<b>9</b> Tacos and 'fixings', <a href="#">Mexican black beans</a> , corn	<b>10</b> <a href="#">Keto stir fry cabbage</a> , rice	<b>11</b> <a href="#">Baked potato bar</a>	<b>12</b> <a href="#">Italian kielbasa and broccoli</a>	<b>13</b> <a href="#">Honey mustard pork chops</a> , rice, vegetable
<b>14</b> <a href="#">Mississippi pot roast</a> , roasted potatoes, vegetable	<b>15</b> <a href="#">Broccoli cheese noodle soup</a> , <a href="#">jiffy corn muffins</a>	<b>16</b> <a href="#">Slow cooker salsa chicken</a> , rice, salad	<b>17</b> <a href="#">Pasta primavera with cauliflower sauce</a>	<b>18</b> Falafel, pita bread, raw veggies, fruit	<b>19</b> <a href="#">Beef fajita skillet dinner</a>	<b>20</b> <a href="#">Chicken caesar sandwiches</a> , fruit
<b>21</b> EASTER - check our site on 4/16 for a menu plan!	<b>22</b> <a href="#">Grilled buffalo chicken</a> , frozen french fries, salad	<b>23</b> <a href="#">Bean and cheese burritos</a> , corn, fruit	<b>24</b> <a href="#">Sausage noodle casserole</a> , vegetable	<b>25</b> <a href="#">Lentil and sweet potato shepherd's pie</a> , vegetable	<b>26</b> <a href="#">Southwest chicken casserole</a> , vegetable	<b>27</b> <a href="#">Greek turkey burgers</a> , frozen french fries, vegetable
<b>28</b> <a href="#">Cast iron fried chicken</a> , macaroni and cheese, vegetable	<b>29</b> <a href="#">Thai chicken soup</a> , crusty bread	<b>30</b> <a href="#">Beefaroni</a> , vegetable				