

August 2019 Meal Plan — Southern Savers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beef stroganoff , egg noodles, green beans	2 French bread pizza , fruit	3 Grilled buffalo chicken , macaroni salad , corn on the cob
4 Slow cooker honey soy roast , roasted potatoes, vegetable side	5 Simple time pork chops , rice, broccoli	6 Skillet cheeseburger pasta , salad	7 BBQ rub roasted chicken , roasted potatoes, vegetable side	8 Creamy basil baked sausage , pasta, salad	9 Grilled chicken , succotash	10 Meatball sandwich , vegetable side
11 Shepherd's pie , salad	12 Crispy chicken thighs , rice, green beans	13 Pasta carbonara	14 Pepperoni stuffed chicken , pasta, salad	15 Bean and cheese burritos , corn	16 Oven hamburgers , french fries, vegetable side	17 Chicken caesar sandwiches , fruit
18 Greek pasta salad , fruit	19 Chicken tikka masala , rice, broccoli	20 Italian kielbasa and broccoli	21 Slow cooker balsamic chicken , carrots, rice	22 Garden vegetable lasagna roll-ups , fruit	23 Baked potato bar , broccoli	24 Cast iron fried chicken , potato salad , green beans
25 Easy roasted chicken salad , croissants or buns, fruit	26 Honey mustard pork chops , egg noodles, vegetable side	27 Spaghetti and frozen meatballs, broccoli	28 Tacos and 'fixins', corn	29 Summer vegetable gumbo	30 Cheesy chicken and peppers , fruit	31 Spinach feta grilled cheese , chips

