

## September 2019 Meal Plan — Southern Savers

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <a href="#">Meatball sandwich</a> , broccoli	<b>2</b> <a href="#">Grilled salmon</a> , <a href="#">easy sauteed green beans</a>	<b>3</b> <a href="#">30-minute chili</a> , <a href="#">cornbread</a>	<b>4</b> <a href="#">Feta and spinach stuffed chicken with roasted carrots</a>	<b>5</b> <a href="#">Sweet and sour pork chops with vegetables</a> , rice	<b>6</b> <a href="#">Pasta with creamy pumpkin sauce</a> , vegetable	<b>7</b> <a href="#">Slow cooker French dip sandwiches</a> , fruit
<b>8</b> <a href="#">Vegetable pot pie</a> , salad	<b>9</b> <a href="#">Old fashioned salisbury steak</a> , mashed potatoes, vegetable	<b>10</b> <a href="#">Broccoli cheddar soup</a> , refrigerated biscuits	<b>11</b> <a href="#">Classic chicken piccata</a> , pasta, green vegetable	<b>12</b> <a href="#">Moo shu chicken</a> , <a href="#">Asian roasted carrots and broccoli</a>	<b>13</b> <a href="#">Cheese stuffed jumbo pasta shells</a> , broccoli	<b>14</b> <a href="#">Pizzadillas</a> , salad
<b>15</b> <a href="#">Green chile egg bake</a> , fruit	<b>16</b> <a href="#">Ground beef noodle bake</a> , salad	<b>17</b> <a href="#">30-minute taco soup</a> , tortilla chips	<b>18</b> <a href="#">Loaded buffalo chicken and potato casserole</a> , vegetable	<b>19</b> <a href="#">Kung pao chicken with noodles</a>	<b>20</b> <a href="#">Beefaroni</a> , vegetable	<b>21</b> <a href="#">Greek turkey burgers</a> , chips, fruit
<b>22</b> <a href="#">Chicken and dumplings</a> , salad	<b>23</b> <a href="#">Orzo with sausage and peppers</a> , vegetable	<b>24</b> <a href="#">Japanese pork noodle soup</a> , fruit	<b>25</b> <a href="#">Chicken with herb butter</a> , green vegetable	<b>26</b> <a href="#">Quick and easy jambalaya</a> , salad	<b>27</b> <a href="#">Chicken alfredo roll-ups</a> , broccoli	<b>28</b> <a href="#">Black bean burgers</a> , chips, fruit
<b>29</b> Bacon, <a href="#">fluffy pancakes</a> , fruit	<b>30</b> <a href="#">Lentil soup</a> , <a href="#">cornbread</a>					

