

JUNE 2020 MEAL PLAN

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Black Bean and Rice Enchiladas , corn	2 Easy Beef Stroganoff , pasta, green vegetable	3 Garden vegetable lasagna roll-ups , salad	4 Lemonade chicken , rice, green beans	5 Southwest quesadillas , fruit	6 Hot dogs or sausages, buns, chips, fruit
7 Asian balsamic sheet pan chicken and veggies	8 Black bean burgers , frozen french fries, raw veggies and dip	9 Honey mustard pork chops , mashed potatoes, broccoli	10 Cheese stuffed jumbo pasta shells , salad	11 Roasted chicken thighs , boxed mac and cheese, green veggie	12 Easy meatball subs , chips, fruit	13 Tacos, corn, black beans
14 Crock pot chicken marsala , pasta, green veggie	15 Broccoli fettucini alfredo	16 Summer vegetable gumbo	17 Spinach and artichoke wonderpot , salad	18 Creamy coconut lime chicken and veggies , rice	19 Philly cheesesteak bowl , buns, chips, fruit	20 Classic buffalo wings , raw veggies and dip
21 Father's Day Menu Plan	22 Roasted vegetable burritos , chips	23 Baked potato bar , broccoli	24 Spaghetti aglio de olio , salad	25 Balsamic chicken skillet , pasta, vegetable	26 Fish and potato chowder , biscuits	27 Rosemary ranch chicken , salad, rolls
28 Herb roasted pork loin , roasted potatoes, vegetable	29 Lighter baked spaghetti , broccoli	30 Vegetarian Thai red curry , rice				