


# January 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>31</b></p> <p><a href="#">Copycat Zuppa Toscana soup</a>, salad, bread</p>					<p><b>1</b></p> <p><a href="#">Tex Mex Black Eyed Pea Casserole</a></p>	<p><b>2</b></p> <p><a href="#">Slow cooker French dip sandwiches</a>, raw veggies and dip</p>
<p><b>3</b></p> <p><a href="#">Cheese tortellini soup</a>, salad, bread</p>	<p><b>4</b></p> <p><a href="#">Quick and easy chicken tacos</a>, corn</p>	<p><b>5</b></p> <p><a href="#">Sheet Pan Sausage, Veggies, and Smashed Potatoes</a></p>	<p><b>6</b></p> <p><a href="#">Pasta Bar</a></p>	<p><b>7</b></p> <p><a href="#">Oven hamburgers</a>, frozen french fries, carrots</p>	<p><b>8</b></p> <p><a href="#">Homemade pizza bread</a>, broccoli</p>	<p><b>9</b></p> <p><a href="#">Sloppy joes</a>, raw vegetables and dip</p>
<p><b>10</b></p> <p><a href="#">Cheesy sausage pasta bake</a>, salad, bread</p>	<p><b>11</b></p> <p><a href="#">Vegetarian lentil tacos</a>, corn</p>	<p><b>12</b></p> <p><a href="#">Sheet Pan Honey Mustard Chicken and Veggies</a></p>	<p><b>13</b></p> <p><a href="#">Falafel</a>, pita, raw veggies</p>	<p><b>14</b></p> <p><a href="#">Chicken shawarma meal</a></p>	<p><b>15</b></p> <p><a href="#">Creamy basil baked sausage</a>, broccoli, pasta</p>	<p><b>16</b></p> <p><a href="#">Crispy baked fish nuggets</a>, tater tots, green beans</p>
<p><b>17</b></p> <p><a href="#">Feel better chicken soup</a>, salad, bread</p>	<p><b>18</b></p> <p>Beef tacos, <a href="#">homemade black beans</a>, corn</p>	<p><b>19</b></p> <p><a href="#">Sheet Pan Crispy Cheddar Pork Chops and Veggies</a></p>	<p><b>20</b></p> <p><a href="#">Chuck wagon mac</a>, green vegetable</p>	<p><b>21</b></p> <p>Hot dogs or sausages, roasted potatoes, green beans</p>	<p><b>22</b></p> <p><a href="#">Pizzadillas</a>, broccoli</p>	<p><b>23</b></p> <p><a href="#">Broccoli fettuccine alfredo</a></p>
<p><b>24</b></p> <p><a href="#">Slow cooker tomato soup</a>, grilled cheese</p>	<p><b>25</b></p> <p><a href="#">Black bean and rice enchiladas</a>, corn</p>	<p><b>26</b></p> <p><a href="#">Chicken fried steak</a>, mashed potatoes, green beans</p>	<p><b>27</b></p> <p><a href="#">Skillet lasagna</a>, broccoli, garlic bread</p>	<p><b>28</b></p> <p><a href="#">Moo shu chicken, Asian roasted carrots and broccoli</a></p>	<p><b>29</b></p> <p><a href="#">Crispy tortilla pizzas</a>, salad</p>	<p><b>30</b></p> <p><a href="#">Sausage egg bake</a>, <a href="#">fluffy pancakes</a>, fruit</p>