

April 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Baked potato bar	2 Patty melts , fruit	3 Easy oven fajitas , black beans , corn
4  Easter Dinner Ideas	5 Three cheese ham and broccoli casserole , rice	6 Garlic butter chicken skillet , broccoli	7 Beef and veggie egg noodles	8 Bean and cheese burritos , fruit	9 Garlic chicken ranch bake , roasted potatoes	10 Grilled teriyaki chicken tenders , macaroni salad , corn
11 Pot Roast , bread, salad	12 Broccoli and sausage quiche , fruit, biscuits	13 Cheesy salsa chicken and rice , green beans	14 Warm Greek pasta with grilled chicken , fruit	15 Black bean patties , buns, frozen potatoes, succotash	16 Sheet pan balsamic chicken , green vegetable	17 Grilled chicken parmesan , pasta, salad
18 Shepherd's Pie	19 Chicken Rice casserole , green vegetable	20 Thai beef style stir fry	21 Asparagus bacon pasta	22 Lentil soup , bread	23 Enchilada meatloaf , green beans, yellow rice	24 Thai chicken soup , bread
25 Waffle house hashbrown bowls , fruit	26 Jambalaya , green veggie	27 Bacon and egg tater tot casserole , fruit	28 Creamy chicken carbonara , green beans	29 Chicken bog , steamed zucchini	30 BBQ rub roasted chicken , rice, asparagus	