

June 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beef stroganoff , pasta, green beans	2 Honey sriracha chicken thighs , biscuits, zucchini	3 Slow cooker beef stir fry , rice	4 Frozen pizzas, salad	5 Chicken caesar sandwiches , fruit
6 Tater tot casserole , fruit	7 Slow cooker hawaiian meatballs , rice, green beans	8 Chicken florentine pasta	9 Ultimate enchilada meatloaf , cornbread , vegetable	10 Cheesy salsa chicken and rice , salad	11 Chicken enchilada casserole	12 Meatball subs , chips, fruit
13 Oven fajitas , black beans , corn	14 Honey mustard pork chops , potatoes, vegetable	15 Spinach and ricotta stuffed shells , broccoli	16 Grilled chicken parmesan , garlic bread, vegetable	17 Summer vegetable gumbo	18 Turkey burger patty melts , broccoli salad	19 Cold cut sandwiches, chips, fruit
20 Father's Day Menu	21 Chicken shawarma pita meal	22 Chicken alfredo roll ups , salad	23 Teriyaki meatball lettuce wraps , fruit	24 Creamy pesto mac with spinach	25 Vegetarian Thai red curry , rice	26 Grilled bratwurst, buns, macaroni salad , vegetable
27 Quiche , bacon, fruit	28 Philly cheesesteak bowl , buns, chips, fruit	29 Pasta primavera with cauliflower sauce	30 Roasted vegetable burritos , chips			