

# August 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <a href="#">Sausage egg bake</a> , <a href="#">Belgian waffles</a> , fruit	<b>2</b> <a href="#">Honey mustard pork chops</a> , rice, green beans	<b>3</b> <a href="#">Chicken enchiladas</a> , corn	<b>4</b> <a href="#">Lighter baked spaghetti</a> , salad	<b>5</b> <a href="#">BBQ cheddar baked chicken</a> , biscuits, broccoli	<b>6</b> <a href="#">French bread pizza</a> , fruit	<b>7</b> <a href="#">Mushroom fettuccine</a> , salad
<b>8</b> <a href="#">Easy meatball subs</a> , raw veggies	<b>9</b> <a href="#">Beef lettuce wraps</a> , chips	<b>10</b> <a href="#">Chicken tikka masala</a> , rice, green vegetable	<b>11</b> <a href="#">Pasta bar</a>	<b>12</b> <a href="#">Feta stuffed chicken with carrots</a>	<b>13</b> <a href="#">Parmesan tilapia</a> , asparagus, pasta	<b>14</b> <a href="#">Pesto chickpea salad</a> , fruit, <a href="#">buns</a>
<b>15</b> <a href="#">Slow cooker bacon cheeseburger pie</a> , fruit	<b>16</b> <a href="#">Cabbage rolls</a> , fruit	<b>17</b> <a href="#">Black pepper chicken</a> , rice	<b>18</b> <a href="#">Pizza skillet ravioli</a> , salad	<b>19</b> <a href="#">Grilled chicken, macaroni salad</a> , green beans	<b>20</b> <a href="#">Tortilla pizzas</a> , broccoli	<b>21</b> <a href="#">Spinach feta grilled cheese</a> , fruit
<b>22</b> <a href="#">Pasta carbonara</a>	<b>23</b> <a href="#">Instant Pot BBQ, buns</a> , carrots	<b>24</b> <a href="#">Korean beef bowl</a>	<b>25</b> <a href="#">Greek pasta salad</a> , fruit	<b>26</b> <a href="#">Bacon wrapped chicken</a> , garlic bread, vegetable	<b>27</b> <a href="#">Pizza melts</a> , salad	<b>28</b> <a href="#">Chicken caesar sandwiches</a> , fruit
<b>29</b> <a href="#">Baked potato bar</a>	<b>30</b> <a href="#">Smashed burgers, buns</a> , french fries, vegetable	<b>31</b> <a href="#">Garden vegetable lasagna roll ups</a> , salad				