

September 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ravioli lasagna , frozen broccoli, garlic bread	2 Chicken shawarma pita meal	3 Hashbrown bowls , fruit	4 Sandwiches with homemade buns , chips, raw veggies and dip
5 Stir fry with southern veggies	6 Grilled chicken, pasta salad , green beans, tater tots	7 Frozen pizzas, grapes	8 Meatball alfredo	9 Copycat CFA sandwiches , fries, green vegetable	10 Homemade pizza	11 Pigs in a blanket , zucchini
12 Tacos, black beans , corn	13 Swiss chicken bake , zucchini, rice	14 One pan sausage, veggie, and smashed potatoes	15 Eat out	16 Bacon wrapped chicken , broccoli, rolls	17 Homemade pizza	18 Sloppy joes , carrots
19 Pancakes, sausage egg bake , fruit	20 Crescent chicken squares , grapes	21 Beef stroganoff , pasta, zucchini	22 Spinach pesto mac and cheese (add chicken)	23 White chicken enchiladas , vegetable side	24 Homemade pizza	25 Finger foods / leftovers
26 Slow cooker breakfast bake , fruit	27 BBQ roast chicken, IP mac and cheese , green veggie	28 Loaded buffalo chicken and potato casserole , veggie	29 Eat Out	30 Ravioli lasagna soup , salad		