

November 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Chicken tortellini soup , salad, bread	2 Hamburger helper, broccoli, rolls	3 Quiche , fruit, muffins	4 Falafel , pita bread, asparagus, pineapple	5 Tortellini, alfredo sauce , frozen meatballs, green beans	6 Pigs in a blanket , shells and cheese, broccoli
7 Small group dinner	8 Frozen appetizers, frozen broccoli	9 Hamburgers , buns , zucchini	10 Homemade pizza bread , fruit	11 Rotisserie chicken, pasta, broccoli	12 Sausage and peppers , buns , zucchini	13 Leftovers, frozen broccoli
14 Chicken tacos , black beans , corn	15 Creamy mushroom ramen , bread	16 Easy meatball subs , chips, fruit	17 Beef stroganoff , pasta, zucchini	18 Creamy baked ravioli , bread, salad	19 Korean beef bowl	20 Eat out
21 Dinner at church	22 Shrimp scampi gnocchi , salad, bread	23 Balsamic chicken thighs , carrots, rice	24 Angel hair primavera	25 Thanksgiving meal ideas	26 Thanksgiving leftover ideas	27 Eating out on the road
28 Chicken enchiladas , corn, fruit	29 Tater tot casserole , fruit	30 Swedish meatballs , mashed potatoes, carrots				