

January 2022 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Copycat Zuppa Toscana , bread, salad	31					1 New Year's Day Dinner
2 Tacos, black beans, corn	3 Falafel , pita bread, vegetable	4 Ham and cheese sliders , fruit, vegetable	5 Pasta bar , peas	6 Lentil and sweet potato shepherd's pie , vegetable side	7 Pizza bread , fruit	8 Stovetop Santa Fe chicken , rice
9 Church small group	10 Broccoli and sausage quiche , stick of butter rice	11 Korean beef lettuce wraps , fruit	12 Mushroom fettuccine , salad	13 Swedish meatballs , mashed potatoes, vegetable side	14 French bread pizza , vegetable side	15 Chicken florentine soup , salad
16 Chili , cornbread, salad	17 Vegetable frittata , fluffy pancakes	18 Bacon wrapped chicken , rice, broccoli	19 Roasted red pepper pasta , broccoli	20 Easy Meatball Subs , fruit	21 Crispy tortilla pizzas , vegetable side	22 Jalapeno popper soup , salad
23 Church small group	24 Slow cooker bacon cheeseburger pie , salad	25 Smoked sausage bowls	26 Spinach ricotta pasta , salad	27 Chicken fried steak , mashed potatoes, asparagus	28 Pizza bread , fruit	29 Tray baked chicken , vegetable side