

# April 2022 | Monthly Meal Plan

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|---|--|--|--|---|
|                        |   |   |  |  | <b>1</b><br>Corn dogs, vegetable, tater tots   | <b>2</b><br><a href="#">Alfredo tortellini bake</a> , asparagus                                       |
| <b>3</b><br><a href="#">BBQ rub roasted chicken</a> , <a href="#">cheesy potatoes</a> , green vegetable | <b>4</b><br><a href="#">Skillet sausage and veggies</a>                     | <b>5</b><br><a href="#">Waffle house hashbrown bowls</a> , fruit                      | <b>6</b><br><a href="#">Slow cooker Mexican lasagna</a> , salad            | <b>7</b><br><a href="#">Grilled chicken</a> , rolls, salad                           | <b>8</b><br>Hot dogs, <a href="#">buns</a> , macaroni and cheese, green beans          | <b>9</b><br><a href="#">White chicken enchiladas</a> , corn   |
| <b>10</b><br><a href="#">Hamburgers</a> , <a href="#">buns</a> , tater tots, vegetable                  | <b>11</b><br>Out of town  | <b>12</b><br><a href="#">Freezer Lasagna</a> , broccoli                               | <b>13</b><br><a href="#">Slow cooker meatloaf</a> , mashed potatoes, bread | <b>14</b><br>Dinner with friends   | <b>15</b><br><a href="#">French bread pizza</a> , fruit                                | <b>16</b><br><a href="#">Grilled teriyaki chicken tenders</a> , <a href="#">macaroni salad</a> , corn |
| <b>17</b><br><a href="#">Easter Dinner Ideas</a>  | <b>18</b><br><a href="#">Three cheese ham and broccoli casserole</a> , rice | <b>19</b><br><a href="#">Slow cooker chicken ropa vieja</a> , rice                    | <b>20</b><br><a href="#">Chicken florentine pasta</a>                      | <b>21</b><br><a href="#">Slow cooker French dip sandwiches</a> , raw veggies and dip | <b>22</b><br><a href="#">Crispy baked fish nuggets</a> , french fries, green vegetable | <b>23</b><br><a href="#">Tater tot casserole</a> , fruit  |
| <b>24</b><br>Church dinner  | <b>25</b><br>Tacos, <a href="#">black beans</a> , corn                      | <b>26</b><br><a href="#">Cajun salmon burgers</a> , <a href="#">Greek pasta salad</a> | <b>27</b><br><a href="#">Asparagus bacon pasta</a>                         | <b>28</b><br><a href="#">Teriyaki meatball lettuce wraps</a> , rice or pasta         | <b>29</b><br><a href="#">Grilled salmon</a> , rice, green vegetable                    | <b>30</b><br><a href="#">Tangy ranch chicken wings</a> , raw veggies and dip                          |