

June 2022 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Black Bean and Rice Enchiladas , corn	2 Easy Beef Stroganoff , pasta, green vegetable	3 Easy meatball subs , chips, fruit	4 Tacos, corn, black beans
5 Lemonade chicken , rice, green beans	6 Garden vegetable lasagna roll-ups , salad	7 Roasted chicken thighs , boxed mac and cheese, green veggie	8 Black bean burgers , frozen french fries, raw veggies and dip	9 Honey mustard pork chops , mashed potatoes, broccoli	10 Southwest quesadillas , fruit	11 Hot dogs or sausages, buns , chips, fruit
12 Asian balsamic sheet pan chicken and veggies	13 Cheese stuffed jumbo pasta shells , salad	14 Summer vegetable gumbo	15 Broccoli fettuccine alfredo	16 Creamy coconut lime chicken and veggies , rice	17 Philly cheesesteak bowl , buns, chips, fruit	18 Classic buffalo wings , raw veggies and dip
19 Father's Day Menu Plan	20 Roasted vegetable burritos , chips	21 Baked potato bar , broccoli	22 Spinach and artichoke wonderpot , salad	23 Balsamic chicken skillet , pasta, vegetable	24 Fish and potato chowder , biscuits	25 Vegetarian Thai red curry , rice
26 Crock pot chicken marsala , pasta, green veggie	27 Baked spaghetti , broccoli	28 Herb roasted pork loin , roasted potatoes, vegetable	29 Spaghetti aglio de olio , salad	30 Rosemary ranch chicken , salad, rolls		