

September 2022 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Vegetarian enchiladas , corn	Pizzadillas , salad	Crispy baked fish nuggets , french fries, coleslaw
4	5	6	7	8	9	10
Swiss chicken bake , pasta, broccoli	Old fashioned salisbury steak , mashed potatoes, vegetable	Grilled chicken, IP mac and cheese , roasted carrots	Cobb salad , bread	Falafel , pita bread, rice, vegetable	Copycat CFA sandwiches , fries, green vegetable	Slow cooker french dip sandwiches , fruit
11	12	13	14	15	16	17
Green chile egg bake , fruit	Slow cooker breakfast bake , fruit	Feta and spinach stuffed chicken with roasted carrots	Spinach artichoke lasagna , salad	Tomato soup , grilled cheese	Homemade pizza	Out of town
18	19	20	21	22	23	24
BBQ rub chicken , roasted potatoes, green beans	Pancakes, sausage egg bake , fruit	Nacho chicken casserole , corn	Japanese pork noodle soup , fruit	Black bean and sweet potato quesadillas , corn	Hashbrown bowls , fruit	Greek turkey burgers , chips, fruit
25	26	27	28	29	30	
Dinner @ Church	Gnocchi with mushroom and pork , green beans	Grilled chicken thighs, pasta salad , vegetable	Chicken alfredo roll-ups , broccoli	One pan sausage, veggie. and smashed potatoes	30-minute chili, cornbread	