

# February 2023 Monthly Meal Plan

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<b>1</b> <a href="#">Chicken shawarma pita meal</a>	<b>2</b> <a href="#">Ranch turkey burgers</a> , buns, french fries, steamed carrots	<b>3</b> Frozen pizza, frozen broccoli	<b>4</b> <a href="#">Asian chicken salad</a> , fruit
<b>5</b> <a href="#">Snack board dinner</a>	<b>6</b> <a href="#">Sausage egg bake</a> , <a href="#">baked donut holes</a> , fruit	<b>7</b> <a href="#">Slow cooker chicken cacciatore</a> , rice	<b>8</b> <a href="#">White chicken enchiladas</a> , corn	<b>9</b> Beef tacos, <a href="#">black beans</a> , peppers and onions	<b>10</b> <a href="#">Garlic shrimp stir fry</a>	<b>11</b> <a href="#">Mediterranean chicken bowls</a>
<b>12</b> <a href="#">Super Bowl appetizers</a>	<b>13</b> <a href="#">Jerk chicken sheet pan meal</a>	<b>14</b> <a href="#">Valentine's Day Dinner</a>	<b>15</b> <a href="#">Cheesy sausage pasta bake</a> , steamed broccoli	<b>16</b> <a href="#">Chicken tacos</a> , frozen corn	<b>17</b> <a href="#">Pizza bread</a> , Frozen broccoli	<b>18</b> Dinner @ wedding
<b>19</b> <a href="#">Roasted red pepper and tomato soup</a> , grilled cheese	<b>20</b> <a href="#">IP BBQ chicken</a> , buns, vegetable side	<b>21</b> <a href="#">Meatloaf</a> , mashed potatoes, veggie side	<b>22</b> <a href="#">Beef and veggie egg noodles</a>	<b>23</b> <a href="#">Copycat CFA sandwiches</a> , frozen fries, carrots	<b>24</b> <a href="#">Cheese tortellini soup</a> , salad	<b>25</b> <a href="#">Quick and easy jambalaya</a>
<b>26</b> Dinner @ Church	<b>27</b> <a href="#">Italian chicken sheet pan meal</a>	<b>28</b> <a href="#">Waffle house hashbrown bowls</a> , fruit				