

May 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>
	1 Pasta bar	2 Sausage and pepper biscuit casserole , fruit	3 Thai Beef stir fry	4 Jalapeno smothered pork chops , vegetable	5 Cream cheese chicken taquitos , broccoli	6 Sloppy joes , salad, frozen french fries
7 Tomato soup, grilled cheese	8 Skillet chicken with onion gravy , green beans	9 Broccoli and sausage quiche , fruit	10 Coconut chicken and sweet potato curry	11 Tacos, black beans, frozen corn	12 Rosemary ranch chicken kabobs , grilled vegetables, bread	13 Chicken caesar wrap , fruit
14 Mother's Day Recipe Ideas	15 Sausage shrimp skillet	16 Vegetable frittata , bacon, fruit	17 Vegetarian lasagna , salad	18 Sausage + peppers + onions, bun, fruit	19 Shrimp kabobs , pasta, asparagus	20 Pesto chicken and broccoli salad , fruit
21 30 minute chili , cornbread, salad	22 Creamy chicken and orzo skillet	23 Biscuits and gravy , scrambled eggs, fruit	24 Mushroom pasta with parmesan , green beans	25 Birthday dinner	26 Easy caprese pizza , salad	27 Steakhouse burgers , french fries, carrots
28 Carraba's chicken soup , salad, bread	29 Memorial Day Recipe Ideas	30 Tater tot casserole , fruit	31 One pot veggie pasta , salad			