

# September 2023 Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Out of town	2 <a href="#">Peruvian chicken</a> , white rice, broccoli
3 <a href="#">Honey buffalo chicken tenders</a> , sweet potatoes, green beans	4 <a href="#">Healthy Grill Recipes</a> for Labor Day	5 <a href="#">Broccoli and sausage quiche</a> , fruit	6 <a href="#">Beef stroganoff</a> , pasta, green peas	7 <a href="#">Hamburger soup</a> , crusty bread	8 <a href="#">Baked cream cheese chicken taquitos</a> , salad	9 <a href="#">Perfect grilled chicken</a> , pasta salad, vegetable
10 Frozen pizza, broccoli	11 <a href="#">Instant pot taco chicken</a> with taco fixins', corn	12 <a href="#">Tater tot casserole</a> , fruit	13 <a href="#">Pasta bar</a>	14 <a href="#">Copicat Chickfila sandwiches</a> , frozen fries, carrots	15 <a href="#">Creamy cajun chicken pasta</a> , salad	16 <a href="#">Grilled jerk chicken</a> , rice, <a href="#">mango salsa</a>
17 Dinner @ Church	18 <a href="#">Paleo swedish meatballs</a> , mashed potatoes, vegetable	19 <a href="#">Hashbrown bowls</a> , fruit	20 <a href="#">Chicken enchiladas</a> , corn	21 <a href="#">Vegetarian lentil tacos</a> , asparagus	22 <a href="#">Pizza pasta casserole</a> , salad	23 <a href="#">Copicat Chickfila grilled nuggets</a> , frozen fries, <a href="#">brussels sprouts</a>
24 <a href="#">Spicy black bean nachos</a> , fruit	25 <a href="#">Italian chicken sheet pan dinner</a>	26 <a href="#">Bacon cheeseburger pie</a> , fruit	27 <a href="#">Buffalo chicken meatballs</a> , raw veggies	28 <a href="#">Ranch turkey burgers</a> , frozen fries, carrots	29 <a href="#">Creamy sausage mushroom pasta</a> , salad	30 Grilled brats, buns, <a href="#">broccoli salad</a>